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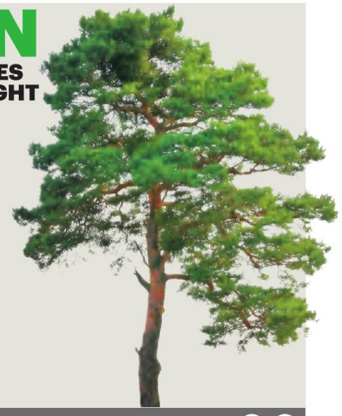

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THE GREAT BLUE HOPE

The Bombers picked up quarterback Matt Nichols from the Eskimos. Can he help turn the season around?

metroNEWS

GETTY IMAGES

Mother charged in baby's death

CRIME

Two-month-old girl suffered severe injuries, police say

Shane Gibson
Metro | Winnipeg

A Winnipeg mother has been accused of beating her infant daughter to death earlier this year.

Police say the two-month-old baby suffered severe injuries and was brought by family members — including her father — to hospital on April 27.

Staff at the hospital called police, telling investigators her injuries were suspicious.

The girl died the next day and the Child Abuse Unit started an investigation.

"I'm not sure if a scenario can be described as being any more challenging than this one," said police spokesman Const. Jason Michalyshen. "We're talking about a two-month-old child dying of injuries allegedly as a result of family members being involved."

Michalyshen would not comment on a CBC report that said the child had Down syndrome and the mother suffered from a post-partum mood disorder.

"I need to be respectful with respect to personal health information. I'm not in a position to provide those details with respect to an individual," he said.

After a four-month long investigation — which included interviews with family members and medical professionals — police concluded the baby's injuries came at the hands of her biological mother in the family's home in the River Park South area.

"We're talking about a unique circumstance," he said. "It was a very involved investigation, highly sensitive and time consuming."

The baby's two siblings, who are between the ages of four and six, have been put into the care of Child and Family Services, said Michalyshen.

Mervat Azmy Dimitry, 44, is charged with second-degree murder.

Michalyshen said no further arrests are expected.

WITH FILES FROM THE CANADIAN PRESS

INVESTIGATION

Police spokesman Const. Jason Michalyshen said the investigation took as long as it did because of the complexity of the case, the number of interviews required, and the time needed for an autopsy.

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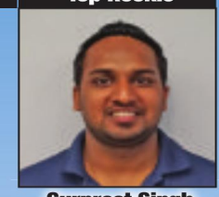

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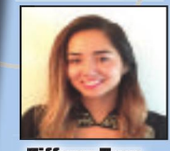
Speaks Punjabi & Hindi

Gemma Gonzales
Speaks Tagalog

Andrew Kingsley

JJ DeCampo
Speaks Tagalog

Ashley Issa
Speaks Hindi & Malayalam



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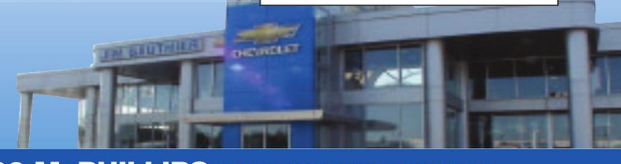

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metro NEWS

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IN BRIEF

Stony Mountain inmate charged in death of another inmate

A 21-year-old man has been charged in a death at a Manitoba prison.

Clayton Korski, who was 33, was killed on Aug. 24 at Stony Mountain Institution. He had been serving a life sentence for murder when he died.

Tommy Raymond Miles is charged with second-degree murder.

Miles will remain at the prison while his case makes its way through the courts.

THE CANADIAN PRESS

City wants public's input on controlling combined sewer overflows

The city is holding public meetings on what they said could be the largest and most expensive infrastructure project in Winnipeg's history.

Public meetings will be held at the West End Cultural Centre Sept. 14 from 9 to 11 a.m. and Sept. 15 from 5:30 to 7:30 p.m. to allow Winnipeggers to share their views on potential strategies to control combined sewer overflows (CSOs).

CSOs are temporary sewer discharges to the river during periods of heavy rainfall or snow melt, and there are a range of control options being considered.

The city is required to limit CSOs to meet provincial legislation.

METRO

Construction site has residents frustrated

RIVER HEIGHTS

Neighbours say someone will get hurt

Dave Baxter
Metro | Winnipeg

Some River Heights residents say a large construction site in their area is a hazard, and if changes aren't made soon someone is going to get hurt.

Donna Milovitch lives at 302 Lanark Street, directly across from the 386 Beaverbrook development, which is currently under construction and will eventually bring 30 new homes to the area.

The large construction site currently has four openings that aren't blocked off during the day or at night, and Milovitch and her neighbour Carol Farrow say it's a matter of time before someone gets hurt.

"The bottom line is now they have opened it up and left it open at night, and school is starting soon," said Milovitch.

"Kids will go in there at night and it's an active construction site so it's very dangerous. Who knows what's poking out in there."

The opening right across from Milovitch's house has an approximately three-foot drop right next to the street that is not fully blocked off, and that also concerns her.

"Kids are walking up and down this road all the time and someone is going to fall in, and it's even more dangerous at night because you can't even see it until it's too late."

Donna Milovitch and Carol Farrow, who live on Lanark Street, are concerned about a build in their area that they say is a serious safety hazard. DAVE BAXTER/METRO

> **Kids are walking up and down this road all the time and someone is going to fall in.**
> Donna Milovitch

Both Milovitch and Farrow are also frustrated by having to look at the site from their homes, and are calling on the developer and the city to step up and get a barrier around it.

"We don't want to look at it and we don't want people to be able to get in there," said Milovitch.

River Heights Coun. John Orlikow did not respond directly, but a representative for Orlikow said the concern was brought to their attention Tuesday afternoon, and they have followed up and asked for an inspection of the site.

The developer of 386 Beaverbrook could not be reached for comment.

ABORIGINAL ISSUES

CFS take baby, open old wounds

A mother was breastfeeding her newborn in hospital Saturday when, according to the baby's grandmother, social workers came in and handed over a notice of apprehension.

On Monday, the baby became a ward of the state — one of hundreds seized by the province every year.

The 65-year-old grandmother, who can't be identified under the law, said the only apparent reason given was that the infant's 20-year-old mother from Winnipeg had been in the care of Child and Family Services until she was 18.

The grandmother, a retiree with two university degrees including one in social work, said both she and the child's father — her son — offered to take temporary guardianship but were refused. She said it was just like when she was taken away from her grandparents from northern Manitoba at nine and placed in a residential school for seven years.

"It's like ripping the wounds open over and over again," she said.

"When they were apprehending my grandson, that scab that was starting to heal was pulled right out again. The feelings were just as raw as back then. I died over and over again."

Meetings are to be held to decide what will happen to the baby, but the grandmother worries about the impact on her grandson. THE CANADIAN PRESS

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Singer shares his music and message

BACKSTAGE PASS

RasTamils to release debut album this month

Nigel Moore
For Metro | Winnipeg

Franklin Fernando is lead singer of Winnipeg reggae band RasTamils. See them on Sept. 26 at the Pyramid Cabaret.
HANDOUT/ RAS CREATIVE

Born of two worlds, Sri Lankan-Canadian reggae singer and songwriter Franklin Fernando has a dream: for the voices of the Tamil people to finally be heard in his family's South Asian homeland and beyond.

Fernando is sharing a positive message of love, healing and reconciliation through his music with Winnipeg-based reggae band RasTamils and their debut LP, It's a Dream, out this month.

Growing up in southern Sri Lanka amidst the island nation's almost 30-year civil war between the majority Sinhalese and minority Tamils, a young Fernando had an uncommon view of the conflict, as the son of a Sinhalese tradesman who provided sanctuary for his Tamil wife and her family during the war.

Tamils were, and many would say still are, subject to widespread discrimination in Sri Lanka.

"I never learned about Tamil culture as a child. It wasn't talked about," said Fernando. "If the kids at school knew about my mom's side of the family, I would have been picked on."

Only after he returned to his birthplace of Winnipeg did Fernando discover more about his own roots. After moving here almost 10 years ago, he was inspired to start digging and reading about the Tamils.

"For me, music was a healing element when I came to Canada and entered a new culture. With it, I could express myself and what's going on in Sri Lanka," he said.

Tamils are not being heard by the Sri Lankan government, he argued.

"Even now after the war, you sometimes still don't hear whether things have improved for Tamils; whether their lives are getting better or not. (Our album) It's a Dream is about someday seeing the freedom... to see that beauty flowing freely is my message," said Fernando. "After all, love brought my parents together. We can all live together."

The roots of RasTamils go back to 2010, when Fernando co-founded the band with his friend, Rasta percussionist Martin Valach, a longtime veteran of Winnipeg's reggae scene.

Rounding out RasTamils are Christian DeVoin (bass), J.R. Hill (guitar), Andy Castello (keyboards), Matthew Walden (trumpet) and Janice Finlay (saxophone and flute).

It's A Dream offers a soulful mix of roots rock and reggae, influenced by generations of Jamaican artists like Dennis Brown, Gregory Isaacs and Peter Tosh. The album was about five years in the making, Fernando said.

The Winnipeg album release party will take place Sept. 26, at the Pyramid Cabaret. R&B singer Keisha Booker and hip-hop artist (and CBC Manitoba radio host) Ismaila Alfa will open the show.

Tickets are $15, available at Music Trader and Into the Music.

IN BRIEF

Saskatchewan Avenue bridge info session

People are encouraged to attend a public information session Sept. 10 regarding repairs to a bridge over Omand's Creek on Saskatchewan Avenue.

The repairs are necessary to improve safety, strength and functionality of the bridge, the city said. Construction will take place from January to May 2016.

The drop-in session will take place from 6 to 8 p.m. at St. Thomas Anglican Church, 1567 William Ave. West.

METRO

ENVIRONMENT

Rotting trees on the chopping block

The City of Winnipeg says it has identified more than 1,500 high-risk trees in the city and has begun a program to prune them or cut them down before they fall down.

But it might take a while — a recent survey took two years to complete and the city is saying it could take until the end of 2016 to get the work done.

The rotting trees are not marked in any way, though there may be some confusion since some trees have been marked with green or orange spray paint.

The orange mark indicates a tree has Dutch elm disease, which is not considered a high priority for removal.

The green mark means the tree is on the chopping block, but is designated as lower-risk and will not be among the 1,500 slated for first removal.

Kristen Malec of the Manitoba Forestry Association says home owners should also be examining trees on their own properties for signs of rot.

Indicators include dead limbs that don't grow leaves in summer, hollow crevices, and the appearance of mushrooms and other fungi on the bark.

THE CANADIAN PRESS

MLA

Erin Selby running for NDP federally

A former Manitoba cabinet minister who questioned Premier Greg Selinger's leadership plans to resign her provincial seat and run for the federal New Democrats in the Oct. 19 election.

An NDP source said Wednesday that Erin Selby will announce later this week that she is seeking the party nomination in the riding of St. Boniface-St. Vital — a part of Winnipeg where the NDP has fared poorly so far.

Selby was not immediately available to comment and did not respond to interview requests.

Selby said last month that she was eyeing the move after a leadership crisis left the Manitoba NDP government divided.

She was the province's health minister until last fall, when she and four other senior ministers called on Selinger to resign to help the NDP win the next election in 2016.

The rebellion prompted a leadership race and Selby and her cohorts stepped down from cabinet.

If Selby wins the St. Boniface-St. Vital nomination, she will face an uphill battle. The NDP have traditionally finished a distant third in the riding, which was a long-time Liberal bastion. The Liberals have put up Dan Vandal, a popular former city councillor.

The Conservatives have held the seat since 2008, but incumbent Shelly Glover is not seeking re-election.

Selby, whose provincial constituency of Southdale forms part of the federal riding, would have to more than double the NDP's 16 per cent share of the vote in 2011 in order to win.

A date for the NDP nomination vote has not been set.

THE CANADIAN PRESS

NDP MLA Erin Selby
METRO FILE

WORLD CUP

Soccer leads the way for spike in tourism

The Women's FIFA World Cup led a number of events that saw tourism numbers spike in Winnipeg this summer.

Linda Whitfield of Travel Manitoba says the June event saw a 50 per cent increase in border crossings from last year.

Meanwhile, the Canadian Museum for Human Rights had around 140,000 visits, a 30 per cent spike in the summer months.

More than 195,000 people enjoyed the company of animals at the Assiniboine Park Zoo, while Fort Whyte Alive welcomed more than 18,000 visits.

Events such as Jazz Fest, the Fringe Festival and Downtown Biz also brought visitors to the downtown core.

THE CANADIAN PRESS

Kurt Armstrong stopped to take a look at the new security devices being installed Wednesday. DONNA MAXWELL/FOR METRO

MTS Centre adding metal detectors

SAFETY

All bags, purses still subject to a search: Official

Donna Maxwell
For Metro | Winnipeg

If you want to get to your seat at the MTS Centre in a timely fashion, don't have a pocketful of change and maybe leave your purse or man satchel at home.

Beginning Thursday at the Nas show, concertgoers will have to walk through a metal detector before entering the venue.

And despite the detectors, all bags and purses will still be searched before entry.

True North Sports and Entertainment announced the metal detectors as part of its patron safety and security protocol. They'll be active at every event, including Jets and Moose games.

It's hoped the detectors will speed up entry into the building and provide added security.

Scott Brown, director of corporate communications and hockey operations for True North, said handheld wands will be used if the person entering sets off the metal detector.

In that case, he said, the person will continue to move forward and, because the detector can determine the area on the person that caused the alarm, a staff member will use the wand to concentrate on that area and determine what set the detector off. He said people don't like pat downs, and though they won't be eliminated, they'll certainly be used less frequently.

> **"I think it helps people feel better, like, somehow we're safer."**
> Kurt Armstrong

"We had a lot of complaints about pat downs being intrusive, which we understand, you're sort of being in someone's personal space," Brown said. "Pat downs will only be necessary in extreme circumstances."

Brown also said if possible, people should avoid bringing bags and purses to events at the MTS Centre. All bags are still subject to a search.

Kurt Armstrong, who was at the MTS Centre Wednesday, said metal detectors might make us feel safer, but he's not sure they're really needed.

"I'm not sure the risk is really increasing, but I think it helps people feel better, like, somehow we're safer," Armstrong said.

"It maybe psychologically helps us feel better about things."

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Is new QB Bombers' saving grace?

The 3-6 Winnipeg Blue Bombers acquired veteran quarterback Matt Nichols from the Edmonton Eskimos on Wednesday. Metro asked fans if they think there's any chance he can help turn the club's season around.

DAVE BAXTER AND DONNA MAXWELL METRO

I would say any injection of new blood into any team that is struggling is a good thing. It will shake up the other players.

Jamie Hall

I don't know if anything will help at this point. They just keep trending downwards, so I don't see how they could turn around this season.

Kyle McComas

This won't help. I am at the point where I just don't even understand why fans keep going back to this team. They just lose year after year.

Dan Huen

I would say it can't help but give them a little bit of a boost at least. It gives them an option.

Jared King

THE CANADIAN PRESS

When tweets defeat candidates

Metro sits down with former Calgary-Nose Hill Liberal contender Ala Buzreba — who resigned after posts she made in her mid-teens came to light — to talk trolls, double standards and being a youth in politics

Omar Mouallem
For Metro

By now there are simply too many campaigns to name that have been ended by the Ghost of Social Media Past. But it's hard to think of a Canadian politician who's endured a public shaming as cruel as Ala Buzreba's.

The Liberal Party candidate in Calgary-Nose Hill recently resigned after inappropriate tweets she wrote in her mid-teens were unearthed and used like digital pitchforks to chase her out of the race. Many within the social media mob fixated on her gender, Arab ethnicity and Muslim faith. "Such a cute little terrorist," goes a typical comment.

Compare this to William Moughrabi, a Montreal Conservative candidate, who is also Arab. He didn't endure any bigoted backlash following revelations of inappropriate Facebook comments he'd made at nearly twice the age Buzreba was when she made hers.

Numerous studies, some as old as Facebook itself, have shown that women and feminine usernames incur anywhere from two to 25 times more trolling, threatening or sexual harassment than their male or masculine counterparts. The 20-year-old community volunteer, University of Calgary student and Alberta Young Liberals executive says she's dealt with trolls since her social justice passions drove her to online forums and Twitter in junior high.

Last June, shortly after announcing her candidacy, Buzreba learned that a blogger had Photoshopped and spread pornographic images of her being penetrated by Justin Trudeau. Sun Media columnist Tarek Fatah also equated her hijab with ISIS support. What followed with the scandal was merely a crescendo of the racism and sexism she suffered.

Buzreba spoke with Metro about the backlash, double standards and how shamings like hers could discourage youth from entering politics.

After Ala Buzreba announced her candidacy last June, a blogger Photoshopped pornographic images of her and spread them online. CONTRIBUTED

Metro: How has the scandal affected you?

Buzreba: The backlash is continuing to this day. People are mean to me and it's affecting my personal life. I've been kicked out of different organizations and clubs that I was a part of. I've had ex-supervisors disassociate with me.

When was the first time you were trolled online?

I was really interested in debate since the time I was 13 or 14. I would go online, read the news, look at what people are saying. I was in the "comments" section a lot, fighting back to people who were constantly belittling people like me — Muslim women. But I debate in a nice way; I don't look for fights.

> **People called me "Muslim trash" .... My hijab was always the focus. People are terrified of it.**
> Ala Buzreba

Tweets like "Your mother should have used a coat hanger" don't sound nice. What were you responding to?

"The only good Muslim is a dead Muslim," was one. At some point, you just throw it back at them. They don't like their own medicine. People called me "Muslim trash," "freeloader of the Liberal government." My hijab was always the focus. People are terrified of it.

It was only a year ago you told Jewish-Canadian pundit Ezra Levant to "Pack up and leave to Israel." Why'd you tweet that?

He had said something on the radio like, "Remember, this is Canada, not Gaza." I couldn't believe radio stations would (broadcast) his racist ad. Then I tweeted back. I knew about Ezra, because he'd attacked two people I went to school with, so stupid me for saying anything.

Do you admit your comment was at least equally racist?

Not equally. It was rude. It wasn't nice. But I didn't tell him to "go back to Israel." I told him to go there. I didn't even know where he's from.

Before the scandal, pornographic pictures of you were Photoshopped and spread online by a blogger. How'd you respond?

He wasn't the only one. There was a lot a of Photoshopped stuff. I was embarrassed to even tell anybody because I didn't want them to see the photos. We reported it to Facebook and Facebook said it's freedom of expression.

Did you ever grow numb to it?

No. It hurts every time. But the blows loosen the more you get it. If anything all the rude comments I got when I was younger helped me grow and develop some tough skin.

Do you think you can return to politics?

Yes. I have more to see and more to learn. I want to change how Canadian politics operates and I want more women and young people voting. It was exciting to have so many of my friends come out to volunteer politically for their first times.

Can parties expect candidates with clean online records?

If they held the standard of being perfect online, they'll have fewer and fewer candidates every year. The person you were on social media doesn't necessarily mean the person you're becoming or the person you are now. I go through my posts at age 13, and I think why did I post that — it was so lame. People change all the time.

What's your message to young potential candidates?

Be careful for what can be taken out of context. Be careful of people who just want a reaction out of you.

Interview has been edited for length.

Ghosts of social media past

1 Malcolm Azania, NDP, 2004

In the days of MySpace, the Edmonton candidate wrote that Jews were part of the "white supremacy" in an emailed debate unearthed a decade later. Azania presciently told CBC, "The Internet is the most efficient technology in the universe to make a jackass out of yourself."

2 Ray Lam, BC NDP, 2009

The young candidate resigned after photos on Facebook became public, including one where he was palming a woman's breast and another with his pants down. That he was gay or that it was Pride didn't matter to his opponents.

3 Deborah Drever, Alberta NDP, 2015

One inappropriate Facebook comment wasn't enough for the newly elected Alberta government to boot the 26-year-old, but a trail of media gaffes, including one in which she posed as a gang-rape victim for an album cover, definitely was.

4 William Moughrabi, Conservatives, 2015

After year-old Facebook comments like "Karma takes too long. I'd rather beat the s--t out of you now" surfaced, the Montreal candidate quickly apologized and closed his online accounts.

ELECTION 2015

Chief says he won't vote, even as AFN seeks to mobilize voters

The Assembly of First Nations says aboriginal voters could be deciding factors in as many as 51 ridings and, in a close race, could determine the outcome of the Oct. 19 federal election — if they actually cast ballots.

But AFN national chief Perry Bellegarde may have undercut his organization's campaign to mobilize aboriginal voters with a frank admission that he's never voted in the past and doesn't intend to do so this time, either.

"It's a very personal choice," Bellegarde told a news conference Wednesday.

He said he's never voted because he's been in various First Nations leadership roles and wanted to preserve the appearance of impartiality.

Moreover, Bellegarde said he was following the advice of First Nations elders who advised him against voting, arguing that the Crown has treaty obligations that must be honoured no matter which party forms government.

"Out of respect for those old people, I think that's why I haven't voted."

Such views are not uncommon among aboriginal peoples and are, at least partly, responsible for abysmally low turnout in elections. Elections Canada estimates that the average turnout for eligible voters on First Nations reserves is 44 per cent, well below the overall 61 per cent turnout in 2011.

Pressed by reporters to explain how he hopes to encourage others to vote if he won't do it himself, Bellegarde suggested he'll "revisit" his decision to refrain from voting. But in an interview a short time later, he dug in his heels, stressing his need to remain strictly neutral so that he can work with whomever forms government.

"If you have to choose, then you lose that impartiality and non-partisanship," he said.

At the news conference, Bellegarde unveiled the AFN's election priorities, to which it wants all parties to commit. The priorities — including increased funding for First Nations education, training, child welfare, health care and police services, creation of a national inquiry into missing and murdered indigenous women and an action plan to address violence against aboriginal women — are aimed at "closing the gap" between aboriginals and other Canadians.

THE CANADIAN PRESS

Political gender gap plays out

ELECTION 2015

Men support right-wing parties, while women veer left

Jessica Smith Cross
Metro | Toronto

With three federal parties neck and neck and neck, this is a historically close three-way election, and historic political fissures along gender lines could make a crucial difference.

Metro talked with several political experts about how gender politics are playing out in this election and all said there has long been a gender gap in Canadian politics where men, more than women, support parties on the right and women support those on the left, and that's been playing out in the polls so far.

Elizabeth Goodyear-Grant, a professor of Canadian politics at Queen's University, said she's noticed politicians — especially Liberals and New Democrats — have been working especially hard in this election to win women's votes, and highlight women's issues.

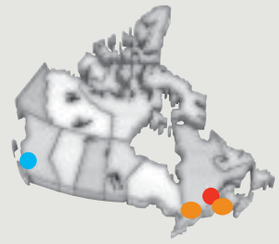
That includes the NDP's pledge to end violence against women and their national child care plan, and the Liberals' focus on nominating female candidates, and pro-choice candidates.

"They're battling for the centre and the left, and this is where a greater proportion of women lie in terms of political orientation, compared to men," she said.

Chris Cochrane, a political science professor at the University of Toronto, said that battle for the centre left will likely determine the outcome of the election.

Justin Trudeau takes a photograph with a supporter Wednesday in Trois-Rivieres, Que.
PAUL CHIASSON/THE CANADIAN PRESS

WHERE THE LEADERS ARE THURSDAY



- **Stephen Harper** will be in Surrey, B.C.
- **Justin Trudeau** will be in Montreal and Brossard, Que.
- **Tom Mulcair** will be in Montreal and Toronto.
- **Elizabeth May** will be in Quebec.

While the parties have near-equal support in the polls, the Conservative party is the second choice of "virtually no one," which leaves the party little opportunity for growth, he said.

"This is what's making it such an interesting election for everybody — we really don't know how these people are going to vote, because a lot of Liberal voters have the NDP in the back of their minds, and vice-versa for NDP voters. It could swing either way at the end of the election and quite easily unseat the Conservatives," Cochrane said.

In the 2011 election, the Conservatives won an estimated 35 per cent of women's votes, plus 45 per cent of men's. No party, with the exception of the NDP in some polls, is polling as strongly among female decided voters today, as the Conservatives' 2011 win.

But now that the incumbent party's support is low, its large gender gap is a bigger problem, and appears to be worsening, said Nelson Wiseman, director of the U of T's Canadian Studies program.

"If the Conservatives lose, in a large measure, it will be because they lost a lot of the women's vote since last time."

Homeless in Vancouver — even with $1.3 million for a house

Emily Jackson
Metro | Vancouver

Kate Whyte found out the hard way that even a million bucks can't always buy a decent home in Metro Vancouver's insane real estate market, where home sales soared to nearly 30 per cent above the 10-year average this summer, according to Real Estate Board of Greater Vancouver data released Wednesday.

Whyte, a 48-year-old homemaker who works part time in the film industry, and her husband were looking to downsize to a smaller house in their North Vancouver community after two of their three children left for university.

They sold their five-bedroom house in May for $1.3 million, figuring they'd have no problem finding a smaller place in the area.

But then the market "went absolutely crazy," Whyte said Wednesday.

Every house they looked at suddenly jumped in price, with million-dollar homes needing extensive renovations to the tune of a few hundred thousand dollars.

> **We priced ourselves right out of our neighbourhood.**
> Kate Whyte

"We priced ourselves right out of our neighbourhood," Whyte said. "I was in tears. I was ready to go down to the street and say, 'Honk if you have a house I can buy.'"

As a supporter of the #DontHave1Million campaign, made up of young professionals pressuring the government to tackle the housing affordability problem in a city where the average house price is over a million bucks, she even made a tongue-in-cheek sign reading, "Homeless, have $1 million dollars, can't find a home to buy."

Whyte recognizes her family is in a better position than many. They did everything they were supposed to, climbing the real estate ladder over the past 15 years with a small condo then a larger one before stretching to buy their house seven years ago.

"I don't want anyone to feel sorry for me, what I want people to understand is the ridiculousness of this," she said.

She doesn't know how families are supposed to get ahead when they're competing with foreign investors and Baby Boomers with cash in hand (she says she was outbid by both groups on separate houses this summer).

"Realtors are making a crap load of money, investors are making a crap load of money, and we've got families just falling through the floorboards."

With their move out date approaching on Saturday, her family wound up buying a house in August for just over $1 million. It's much smaller, on an odd lot, is leaking and needs extensive renos, she said.

"Nobody wanted it because it's a real eyesore," she said. "When I tell people what I have to fix, their jaws drop."

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JOEY'S RESTAURANTS

Tensions rising in Europe

HUNGARY

Migrants face pushback as right-wing protests flare

Hundreds of frustrated migrants demanding passage to Germany jostled with riot police beside Budapest's main international train station Wednesday, as Hungary spent a second day trying to keep thousands of asylum seekers from spilling deeper into Europe.

Scores of officers pushed back the crowd, which shouted in Arabic and English to be permitted to march around the Keleti train station, which has become the latest focal point for European tensions over an unrelenting flow of migrants from the Middle East, Asia and Africa.

Passions also flared on Hungary's border with Serbia as right-wing nationalist protesters marched to the location where migrants use a train track to walk into the country. Police formed protective circles around frightened migrants as the demonstrators from the hard line Jobbik party screamed abuses at them.

Migrants gather outside the closed Eastern Railway Station in Budapest, Hungary, Wednesday, after they were not allowed to board trains bound for Germany. ZOLTAN MATHE/THE ASSOCIATED PRESS

The 28-nation European Union has been at odds for months on how to deal with the influx of more than 332,000 migrants this year. Such frontline nations as Greece, Italy and Hungary have pleaded for more help, while Germany, which is expecting to receive an EU-leading 800,000 asylum seekers this year, has appealed for EU partners to bear more of the load.

"We have to reinstate law and order at the borders of the European Union, including the border with Serbia," Hungarian government spokesman Zoltan Kovacs said. "Without re-establishing law and order, it will be impossible to handle the influx of migrants."

He said Hungary's prime minister, Viktor Orbán, will take a "clear and obvious message" to a meeting Thursday with EU chiefs in Brussels about migrants.

On Hungary's border with Serbia, some 300 extremists led by Jobbik party leaders waved Hungarian and party flags as they marched to the border crossing and shouted at the frightened migrants — many of whom had just completed a daylong hike along the rail line — to go back where they came from.

Elsewhere on the migrants' long route into Europe, 13 people died when two small boats ferrying them from Turkey to the Greek island of Kos capsized. Turkish media said 12 drowned, including a woman and three children, while another person died later in a hospital.

The Greek coast guard also recovered the body of a man south of the island of Kalolimnos. It wasn't clear whether that body was connected to the capsized Turkish boats about 22 kilometres (14 miles) to the northeast. THE ASSOCIATED PRESS

SCIENCE

Earth has 3 trillion trees: Study

More than three trillion trees now grow on Earth, seven times more than scientists previously thought. But it's also trillions fewer than there used to be, a new study concludes.

A United Nations-affiliated youth group had a goal of planting one billion trees and Yale forestry researcher Thomas Crowther was asked if planting that many trees would do anything to help combat human-made climate change. Trees capture and store heat-trapping carbon dioxide.

Crowther said first he had to figure out how many trees are on Earth, and that number was far more than anyone expected: 3.04 trillion trees, according to a study published Wednesday in the journal Nature.

The previous estimate was 400 billion trees, and that rough count was based on satellite images peering down from space. Crowther and colleagues used 429,775 ground-based measurements along with satellite measurements and computer models to get a more accurate figure. THE ASSOCIATED PRESS

THAILAND

Suspect denies link to bombing

Thai police said Wednesday a prime suspect in Bangkok's deadly bombing has admitted to being near the shrine where the attack took place, but denied placing the bomb.

Thai authorities said the suspect's fingerprints also matched those on a bottle of bomb-making material found in an apartment that was raided this past weekend.

Deputy National Police Chief Chakthip Chaijinda was asked by reporters if the man had confessed to involvement in the Aug. 17 blast at Erawan Shrine that killed 20 people and injured more than 120, or another explosion the following day near a busy river pier that caused no casualties.

"It is in the nature of the suspect to deny it, but he admits that he was there in the area when it happened," Chakthip said. THE ASSOCIATED PRESS

CHINA

Citizens shut out of huge parade

China will hold a massive military parade through the heart of its capital, but ordinary folks can't watch.

Authorities obsessed with security and leery of any possible hitches will virtually shut down central Beijing on Thursday, keeping most people out of eyeshot for the parade commemorating the defeat of Japan in the Second World War. Residents who live along the parade route have received notices ordering them to stay off balconies, keep windows shut, invite no guests and — at some buildings — snap no pictures.

The neighbourhoods around Tiananmen Square, the main venue where President Xi Jinping will inspect the troops with foreign dignitaries, will be under curfew, and Beijing has mobilized 850,000 neighbourhood watchers to report anything out of the ordinary. THE ASSOCIATED PRESS

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MCDONALD'S

Canada missing out on all-day breakfast

McDonald's Canada has bad news for those looking to get their Egg McMuffin fix past 11 a.m. Spokeswoman Lisa Hutniak said the company has no plans to offer an all-day breakfast despite the brand's announcement that its American restaurants will introduce the option Oct. 6.

Hutniak said the company is keeping a close eye on the nationwide experiment by the Americans and are always looking to meet the needs and wants of their customers.

Twitter users were quick to decry the disparity.

"Y'all are monsters," tweeted @MsLolaOh. A user from Scarborough, @60mg-Maija, summarized their reaction in two words: "Thug tears."

> **Y'all are monsters**
> @MsLolaOh, a Twitter user from Scarborough

Some even made it an election issue, calling on the leaders of all three parties to address the disparity.

THE CANADIAN PRESS

IN BRIEF

Laura to shut fewer stores

Laura's Shoppe, which filed for creditor protection last month, is planning to close 15 stores on Sept. 13 — five fewer stores than planned as landlords at several malls have agreed to cut rents and suppliers have offered significant discounts.

THE CANADIAN PRESS

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Young adults bleeding bank of mom and dad

SAVINGS

Poll discovers marked rise in trend toward living at home

A new poll suggests adult children are draining their parents' retirement nest eggs.

The CIBC survey has found that two-thirds of Canadian parents polled say they're feeling the financial impact of supporting their adult children.

Almost half of them said supporting their adult kids is hampering their ability to save for themselves, while 20 per cent say it has actually delayed their retirement.

"Parents may have the will to help their adult kids but they may not always have the means," said Christina Kramer, executive vice-president of retail and business banking at CIBC.

The most recent data released by Statistics Canada in 2011 showed that 42.3 per cent of adults aged 20-29 lived at their parental home, "either because they never left it or because they returned home after living elsewhere."

In 2006, 42.5 per cent of young adults lived at home, a marked increase from previous decades (32.1 per cent in 1991 and 26.9 per cent in 1981).

Monica Boyd, a sociology professor at the University of Toronto who researches the reasons young adults live with their parents, said the rising rate is linked to several factors, including school attendance, postponement of marriage ages and family structures.

"Living at home is highly associated with going to school, and unlike the United States, a lot of young adults who are attending schools don't go very far away. They go to school in the area in which they grow up," she said.

Hannah Frazer returned to the nest after graduating to live with her parents, Mary Lou and Donald, in order to save money. COURTESY HANNAH FRAZER/TORSTAR NEWS SERVICE

$500

One in four parents said they spend more than $500 a month to cover their adult kids' rent, groceries and other bills. The top two expenses are groceries and other household expenses, and cellphone bills.

An emphasis on family and the prevalence of intergenerational homes among first-generation immigrants means that they have a higher proportion of children living at home, Boyd said.

This includes families from China, India, Southeast Asia and countries in the Mediterranean region, like Spain, Portugal, Italy and Greece.

But how does adult children living at home affect family structures?

Boyd said it varies, but the best relationships are ones in which both the parents and children are behaving like mature adults. "Both parents and children have to adapt," she said.

"The parents in a sense have to learn not to parent so much, which is difficult when you're financially contributing to the well-being of this child in your midst. And the children have to learn to stop sliding into being a nine-year-old or a 13-year-old, which is very easy when you have parents who want to parent. There is always a give and take."

THE CANADIAN PRESS, WITH FILES FROM JILLIAN KESTLER-D'AMOURS

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metro VIEWS
Your essential daily news
Thursday, September 3, 2015

CHANTAL HÉBERT: ON THE NDP'S BIG DREAMS

"Thomas Mulcair has been making some hefty promises ... he has yet to demonstrate how a New Democrat government would walk its election talk.

From a national childcare program to balanced budgets, the abolition of the Senate and the repeal of the Clarity Act, NDP Leader Thomas Mulcair has been making some hefty promises on the way to a leading position in voting intentions.

But five weeks into the campaign, he has yet to demonstrate how a New Democrat government would walk its election talk on any of the above.

A national childcare program: The NDP is promising to create one million new childcare spaces over two mandates. The result would be a comprehensive $15-a-day program along the lines of the Quebec system.

But it will not get off the ground unless the provinces agree to pay 40 per cent of the tab. For its part, Ontario has signalled that it would want the money it already spends on childcare to be considered part of its share of the bill.

Quebec, whose government has been trying to rein in its childcare costs, would similarly expect to be compensated for its efforts to date.

Looking at the lay of the land in Canada's biggest provinces, getting to one million new spaces could either take more than eight years or call for significantly more federal dollars.

A balanced budget: When the Liberals, under Paul Martin, belatedly turned their minds to a national childcare initiative in 2004, the federal government was awash in money. Instead of overflowing coffers, an incoming NDP government would find bare cupboards.

The federal fiscal outlook has deteriorated along with Canada's economy. Over their decade in power, the Conservatives have put billions of dollars of recurring tax cuts on the books and, in the process, curtailed the federal capacity to invest in new national programs.

The NDP is planning to maintain most of those cuts — notably a 2-point decrease in the GST; income-splitting for seniors and the recently enhanced child benefit, as well as spend more on a variety of social programs.

The New Democrats will publish a fully costed platform before Sept. 17 — the day of the Globe and Mail-sponsored leaders debate on the economy. Expect skeptics to go through it with a fine-tooth comb.

The abolition of the Senate: Quebec and Ontario — among other provinces — oppose this signature NDP promise. Moreover, Quebec will insist on having its longstanding constitutional demands addressed before it entertains any other reforms.

Some New Democrats have mused about holding a national referendum to force the provinces' hand on the issue. Good luck with that! Unless a majority votes yes to abolition in every province, the result will lead only to the entrenchment of the opposition of some premiers.

Even if one were to assume that the arrival in power of the NDP would magically be followed by provincial agreement to both clear the Quebec's constitutional slate and unanimously abolish the upper house, the amendments would still have to be voted in every legislature over a three-year period.

With zero representation in the Senate, how would an NDP government manage its legislative agenda over those years?

And then there is the promise — popular in Quebec but controversial in the rest of Canada — to repeal the Clarity Act and change the rules that would guide the federal government in the event of another referendum on Quebec's future. An NDP government would negotiate the province's secession on the basis of a simple pro-independence majority.

In the absence of Liberal or Conservative support, the New Democrats would have to lead a majority government to effect that change. But majority or not, expect that proposal to be dead on arrival in a non-NDP Senate.

Mulcair is not the first federal leader to vouch to pull policy rabbits out of a prime ministerial hat.

With zero representation in the Senate, how would an NDP government manage its legislative agenda?

In 1993, Jean Chrétien promised to make the GST disappear, to finance a national childcare program out of thin fiscal air, and to re-negotiate NAFTA, the free-trade agreement between the U.S., Canada and Mexico.

As in the case of the NDP, today there were plenty of unanswered questions as to how a Liberal government would square the circle of its promises. That did not prevent Chrétien from winning a majority victory and from jettisoning his cumbersome commitments at the first politically astute opportunity.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: A new fashion blooming

A strange craze that germinated in Chengdu, in southwestern China, is spreading like a weed all over the country and beyond. Men, women and children are wearing the "bean sprout hairpin," a hair clip that makes them look like they have a plant growing out of their heads. The barrettes, which come in daisy and rose varieties and cost about a dollar, are a sensation on social media, and it may only be a matter of time before they sprout up on streets on this side of the pond.

SOURCE: WALL STREET JOURNAL
PHOTO:AM730.COM.HK

ROSEMARY WESTWOOD

metroview

One-year abortion-forgiveness offer? I'll wait for real change

The Pope has called for "a widening of the church's mercy" when it comes to women who've had abortions.

That should sound like good news to a Trudeau-esque pro-choice Catholic like me.

But instead it adds another level of confusion to what is already an incredibly nuanced church teaching.

I don't doubt Francis' sympathy for women facing the "agonizing and painful decision" to have an abortion. The move might even help some women, because it directs all priests to forgive what is an excommunicable offence.

But the offer only applies during the Holy Year of Mercy, beginning in December. It's not clear what happens to women who miss that window.

"Pope Francis likes to have this merciful tone," Kate McGee told me. "Well, I think it's totally backfired, because now all sorts of people are going, 'What? What are you talking about?' One of my conservative friends was saying, 'Why is the Pope saying this? We already offer up absolution for any sin.'"

McGee is a young psychotherapist with the Jesuit college at the University of Toronto — a self-described feminist Catholic.

Church law already varies; depending on whether you knew abortion was excommunicable, whether you were forced, if you were under 16.

Priests in North America have already agreed to ceremonially absolve women who ask for forgiveness after an abortion. What's new is that Francis is widening that power to other parts of the world, where that power lies with the bishop.

The announcement is about tone, not substance, McGee noted. Abortion remains a grave sin in the church's eyes.

"I've never understood why abortion would be excommunicable, but not murder," McGee added. "If you're going to equate them ..."

I cut her off, blurting out, "I didn't realize that!" and thinking: That sounds ridiculous.

The Pope could correct the inconsistency and change law, though "there's no evidence he's going to," McGee said.

This is more like a limited-time Year of Mercy sale.

McGee has been told it's good the church changes slowly. That way, it can bring with it the great swath of cultures woven into it.

I've never been very patient.

Instead of muddying the waters of an already polarizing issue, I wish the Pope would keep focused on the kinds of root causes that could greatly diminish the demand for abortions, especially poverty, and more ironically for a patriarchal organization, sexism.

I'm sure some women will accept the offer of mercy, but I'm holding out for change.

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Wikipedia has blocked 381 accounts used by people paid to create or tweak entries

Minor anxiety over major book

PATRICK DEWITT

Man behind The Sisters Brothers felt vulnerable with this followup

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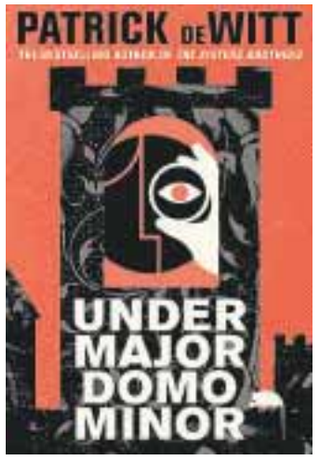


There was a six-month phase during the three years that it took Patrick deWitt to write his new novel, Undermajordomo Minor, when he faced daily anxieties over the followup to his award-sweeping black Western comedy, The Sisters Brothers. "It was really crippling," he says.

The worries returned later as advance copies of the book, published by House of Anansi Press, began to circulate, and he awaited the first reviews.

"I was feeling very vulnerable at the time. You want the book to be judged on its own, but ultimately I realized I was powerless," he says.

In the end, the Canadian-born writer, who now resides in Portland, Ore., decided that what matters most is his own feelings about the work.

"Was this the best I could do at that time? I can't worry about the rest too much."

DeWitt's past worries are understandable. Not only was his 2011 novel a critic and prize-jury favourite, it inspired a rare fanaticism in readers, and was optioned for film by actor John C. Reilly, who will co-star as one of the hitmen-for-hire siblings (the two also worked together on the film Terri, for which deWitt wrote the screenplay). Fans of The Sisters Brothers will rejoice at the return of deWitt's wry, funny dialogue and over-the-top, almost slapstick violence.

This time, the protagonist is a young, shiftless compulsive liar named Lucy Minor, who takes a position as a servant at the mysterious Castle Von Aux, owned by a baron whose raging bouts of insanity result in one of the most disgustingly visceral scenes involving a rat in recent memory. While Lucy encounters petty thieves, bloodthirsty soldiers with no apparent cause to fight for and a treacherous "Very Large Hole," the story is grounded in his pure love for Klara, a poor beauty from the village.

Prior to Undermajordomo Minor, deWitt was working on another manuscript, this time with a contemporary setting, which he abandoned out of boredom. Historical eras, he says, give him the freedom to "exercise baroque, ridiculous language. With an antique setting you can deal with anything difficult."

Unlike some historical authors (if you can technically call deWitt one), he doesn't get caught up in research or worrying about accuracy — Undermajor has no identifying time or geographic location.

"Authenticity and attention to detail hold very little interest for me," he says.

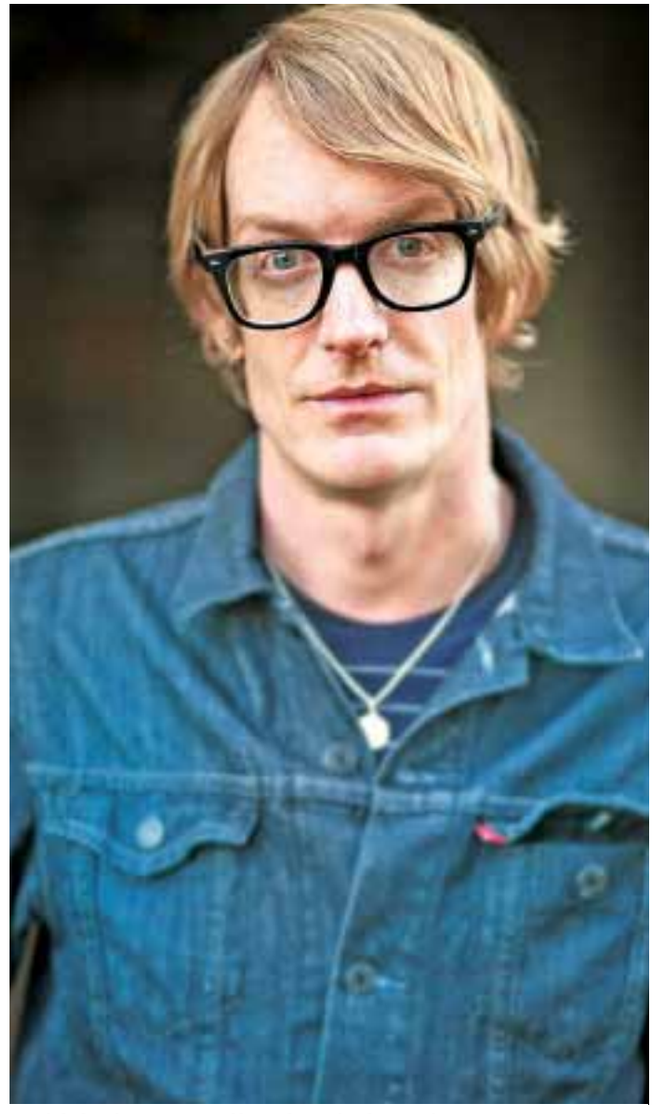
"It feels like homework, and I hated homework as a kid."

There is one bawdy scene in the novel that, without giving anything away, may test some readers and kill appetites for peach tarts and salami.

DeWitt, who is drawn to broad, slapstick humour like Monty Python or even Benny Hill, originally intended the scene to be a "lighthearted romp," countering an intimate love scene between Lucy and Klara, but admits not everyone might view it as such.

"It's never to revolt or shock the reader," he says.

"I like to write all sorts of different scenes: tender love scenes, scenic descriptions, comic dialogue. It's a pleasure and fun to write, and a way to keep it fresh."



Patrick deWitt's new novel is Undermajordomo Minor. DANNY PALMERLEE

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HAPPENING IN THE SHED

Colbert fills the late-night slot

COMEDY

He can do the impossible, but can he do the possible?

Stephen Colbert is about to turn a corner in his career.

Having split from cheeky Comedy Central, he will now hold court at old-guard CBS. He will inherit the theatre, time slot and series title (though with an added The) owned for 22 years by David Letterman.

Little wonder that Colbert's disciples wait anxiously to see what The Late Show With Stephen Colbert will be like. How beholden will it be to late-night talk-show conventions stretching back six decades? Will it abandon Colbert's signature political edge?

If the early guest lineups offer any clue, he'll offer a rich blend of talk: Republican presidential hopeful Jeb Bush and Vice-President Joe Biden will appear the first week, along with entrepreneurs Elon Musk (SpaceX and Tesla Motors) and Travis Kalanick (Uber), plus a show-biz mix.

Colbert, 51, comes to The Late Show after establishing himself in the guise of a messianic blowhard who spoofed Bill O'Reilly with maybe a touch of Rush Limbaugh thrown in.

On The Colbert Report, he played the host as a jerk, but endearing "someone who wasn't *aware* that he was a jerk; a well-intentioned, poorly informed, high-status idiot. I wasn't sure that I could get all four of those rotations on the ball. But it worked out."

His was a game of three-dimensional chess, especially with the interviews, which became his favourite part of the show, but they were also exhausting.

"Talking with a guest, I had to run everything through the CPU up here" — he points to the computer in his noggin' — "to grind out a version of myself, instantly, while keeping my intention as a satirist evident inside the Trojan horse of my character's role as a pundit who trades on divisiveness." Whew.

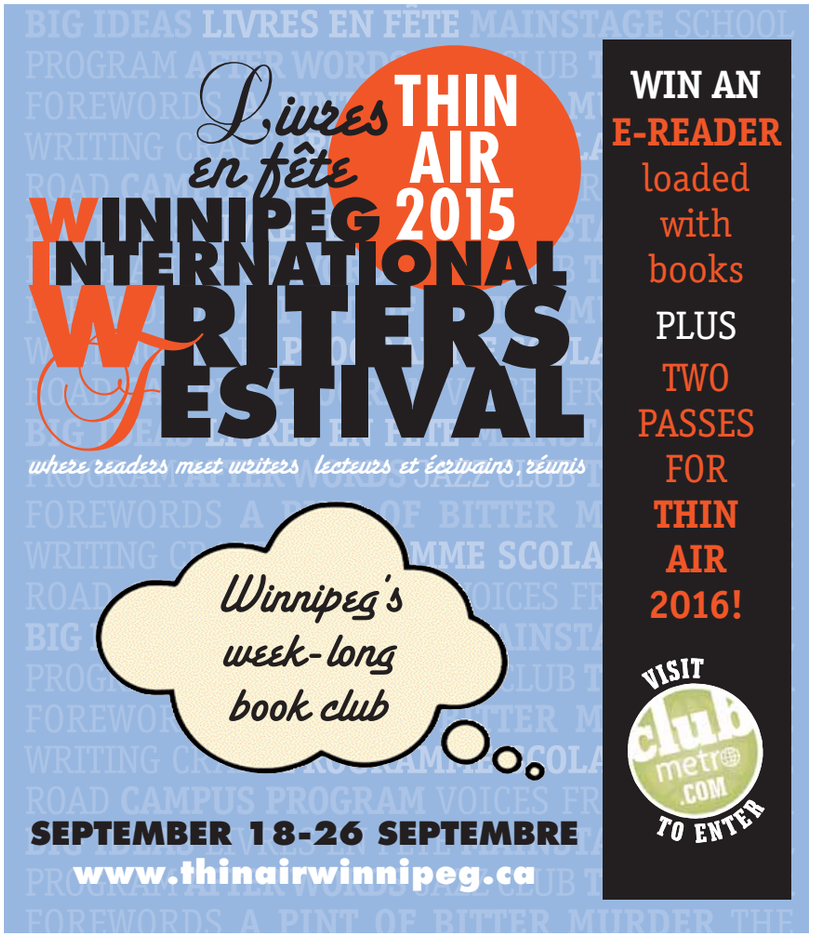
> **I'm not tired when it's over. I feel great. That's the most startling thing to me.**
> Stephen Colbert, on interviewing as himself

Despite (or, more likely, because of) this Rube Goldbergian process, Colbert's interviews were not just funny, but as incisive as anyone's on TV. With his native observations shining through the prism of his on-screen persona, he emerged as a stealth truth-teller. On The Colbert Report he proved he could do the impossible. But now ...

"Can I do the POSSIBLE?!" he cuts in with a chortle.

He has no doubt that, yes, he can. THE ASSOCIATED PRESS

George Clooney, Elon Musk and Kendrick Lamar are slated to appear on The Late Show with Stephen Colbert. GETTY IMAGES



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GOSSIP IN BRIEF Deflategate still hasn't blown over; Kermit spotted with a redhead

Tom and Gisele on the rocks

It hasn't been a great summer for Tom Brady, and not just where his football career is concerned. The embattled quarterback has reportedly also been facing the ire of wife Gisele Bundchen, who recently consulted a divorce lawyer, according to Us Weekly.

"Tom's become very nasty and irritable and started acting out on her" in the wake of the Deflategate scandal, a source says. NED EHRBAR/METRO

Oink with the old, in with the new

After Kermit the Frog and Miss Piggy ended their relationship less than a month ago, both have new love interests, according to People magazine. The magazine reports that Kermit "has been spotted around town numerous times" with another pig, a pale redhead called Denise. AFP

TWITTER TIFF

What do you mean, Lena Dunham?

Lena Dunham has spoken out to question the message behind Justin Bieber's new single What Do You Mean?

The tropical-tinged pop song finds Bieber cooing in the chorus: "What do you mean? When you nod your head yes, but you wanna say no." Earlier this week Dunham tweeted: "Let's do away with pop songs where a girl nods yes when she means no and vice versa, k?"

A day later, the Girls creator posted to Instagram side-by-side photos of herself and a younger Bieber with similar haircuts, and the caption: "How could anyone think I have an issue with Bieber?" THE CANADIAN PRESS

HARRY POTTER

A new generation heads to Hogwarts

Harry Potter's fictional son will be among the nervous British children making the move to big school this week, novelist J.K. Rowling has told fans in an announcement that made a generation of loyal readers feel old.

"I'm in Edinburgh, so could somebody at King's Cross wish James S Potter good luck for me? He's starting at Hogwarts today.

"#BackToHogwarts," Potter creator Rowling told her followers in a tweet on Tuesday. In a second tweet later in the day she said the 11-year-old, who was born in 2004 to Harry and Ginny Potter, had joined Gryffindor, the same house that his father attended at the Hogwarts School of Witchcraft and Wizardry in Scotland. AFP

She said see you l8ter boi

SPLIT

Chavril announce separation on Instagram

Chavril is kaput.

Avril Lavigne and Chad Kroeger announced their separation on Lavigne's Instagram account on Wednesday, vowing to remain "the best of friends."

The couple's whirlwind romance began in March 2012, when Kroeger was enlisted to help with the songwriting on Lavigne's self-titled fifth record.

They began dating in July, became engaged in August, and married the following Canada Day at a grand medieval castle in France.

Over the last year, both Canadian rockers have dealt with health issues.

Lavigne, 30, conceded she was dealing with illness in December and clarified in May that she had been diagnosed with Lyme disease.

Kroeger, 40, had to recently cancel Nickelback tour dates in North America and Europe because the Hanna, Alta., singer required surgery for a cyst on his larynx.

Chad Kroeger and Avril Lavigne married in 2013. GETTY IMAGES

Lavigne's Instagram statement, which was accompanied by a photo of the couple dancing, referenced their shared musical accomplishments.

Kroeger co-wrote 10 tracks on Lavigne's last album, produced three and co-produced four. Their duet, Let Me Go, hit No. 12 on the Canadian chart and also made the Top 100 in the U.S., Australia and Germany.

"It is with heavy heart that Chad and I announce our separation today," wrote the Napanee, Ont., native.

"Through not only the marriage, but the music as well, we've created many unforgettable moments. We are still, and forever will be, the best of friends, and will always care deeply for each other.

"To all our family, friends and fans, thank you sincerely for the support."

It was the second marriage for Lavigne, whose union with Sum 41 rocker Deryck Whibley ended in 2010. THE CANADIAN PRESS

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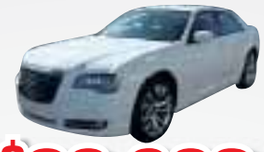

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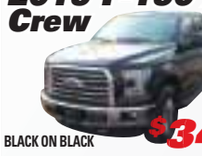

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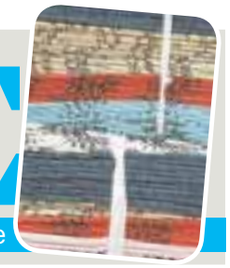


Drape Turkish towels over chairs to jazz up an outdoor space

Developers get to the art of the matter

GIVING BACK

Funding for public projects a requirement for rezoning in some cities

CONDO TRENDS

Duncan McAllister

Public art enhances the urban experience and enlivens city streetscapes. In many Canadian municipalities, condo developers are required to contribute funding to the public realm as an offset for rezoning considerations.

In the city of Vancouver for example, rezonings greater than 100,000 square feet are required to contribute $1.81 per square foot to a public art process approved by the city. It's a way for developers to "give back" to the community, in the form of public parks, community centres, swimming pools and public art.

Ottawa

In Ottawa, the Corners on Main is a two-building, midrise condo project at the corner of Main Street and Oblate Avenue. This stretch of Main Street is slated for a complete makeover, planned by the city of Ottawa. Part of the design includes a city-commissioned art installation created by Ottawa artist Stuart Kinmond and will feature a series of geometrically shaped benches and three, six-metre towers. A series of glass images will depict landscapes of the Rideau Canal, the Rideau River and old Ottawa East.

Halifax

As part of an initiative to bring public art to the Halifax and Bedford waterfronts, Nova Scotia's Waterfront Development Corporation has partnered with condo developer Provident Developments to profile works by Maritimes-based artists Darren Byers and Fred Harrison.

Of Sea and Shore is a sculpture cast in bronze and textured with carvings. A stainless steel element represents the sprawling reach of the Bedford Basin. Standing four metres high, the sculpture will be located in a public outdoor space between the Dockside Condominiums on the Bedford waterfront.

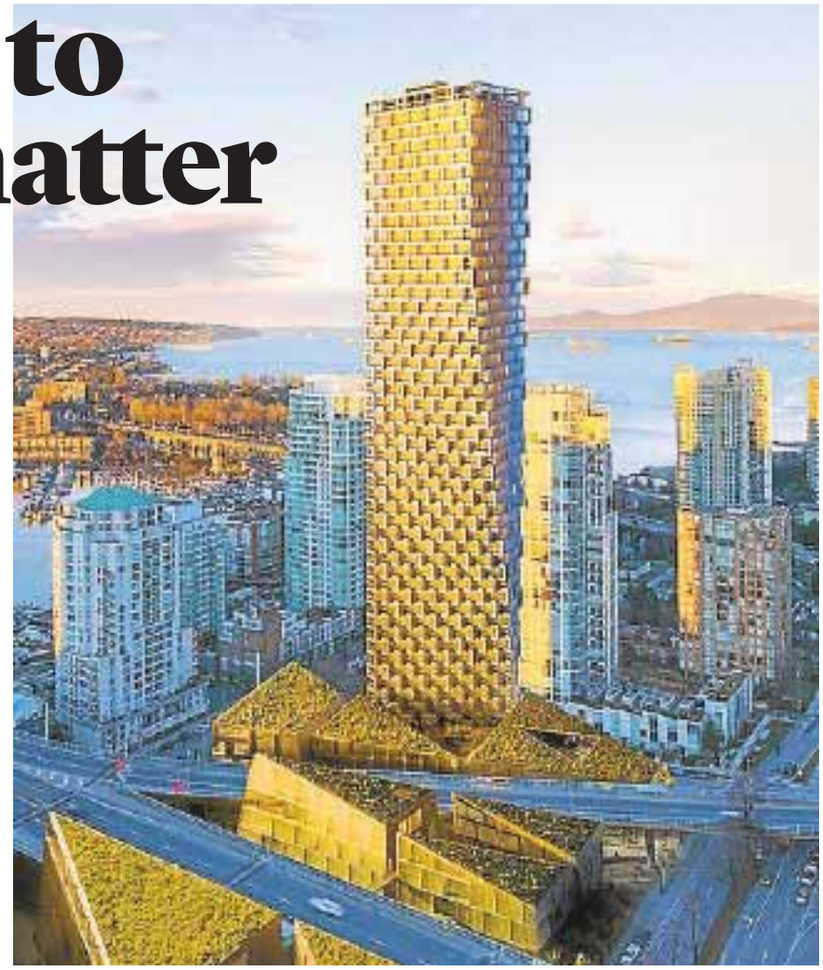
Byers says that the elements come from patterns we see every day: "The texture in the rocks, the patterns in a field of grass, and the foam that forms as the water is stirred and flows."

Vancouver

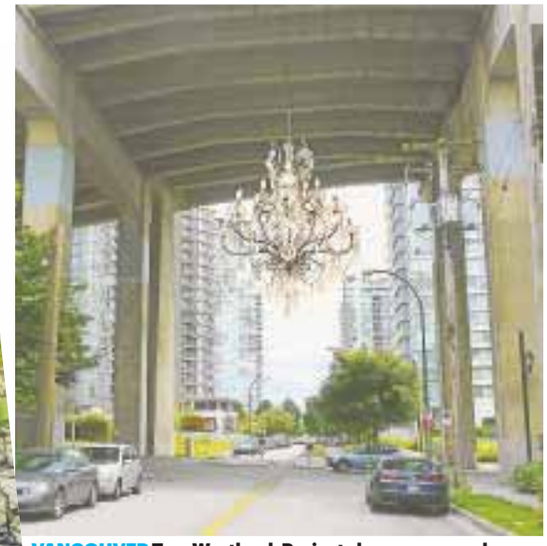
Vancouver developer Westbank Projects has announced a new 59-storey, twisting condominium tower, a prominent landmark at Howe Street and Beach Avenue. Vancouver House will be one of the city's tallest residential towers, slated for completion in 2018.

The project will include one of Vancouver's most innovative works of public art: an installation by renowned local artist Rodney Graham. A giant spinning chandelier will be suspended beneath the Granville Street bridge, the gateway to the city's downtown core. The large kinetic sculpture will take the shape of a giant faux-crystal, 18th-century candelabra.

OTTAWA Top: The Corners on Main is a midrise condo project by Ottawa developer Domicile. Bottom: An art installation by Ottawa artist Stuart Kinmond, part of the redesign of Main Street, will feature a series of geometrically-shaped benches and three, six-metre towers. COURTESY DOMICILE



HALIFAX A sculpture commissioned for the Bedford waterfront by Darren Byers and Fred Harrison will be located in a public outdoor space between the Dockside Condominiums. COURTESY BYERS STUDIOS



VANCOUVER Top: Westbank Projects has announced Vancouver House, a 59-storey, twisting condominium tower. Bottom: Part of the project, a giant spinning chandelier by B.C. artist Rodney Graham will be suspended beneath the Granville Street bridge. COURTESY WESTBANK

Dress beds with layer upon cottony layer and top with decorative throw pillows for a luxurious feel. CATHY HOBBS DESIGN RECIPES

Sticking to a neutral palette is the best way to make your guest room a calm oasis for any visitor. CATHY HOBBS DESIGN RECIPES

How to set up the perfect guest room

TIPS FROM A DESIGNER

Layers, neutral colours can help make you the host with the most

Rachel Kashdan
Metro in New York City

The summer entertaining season isn't over just yet, and that means it's not too late to revamp your guest room for company forgoing a hotel to vacation at your place. Cathy Hobbs, interior designer, real estate stager and finalist on Season 6 of HGTV's Design Star, shares her tips for setting up a guest room that might just turn your visitors into permanent roommates — whether you like it or not.

Say hi with a basket of goodies

Greeting guests with a welcome basket is a cute idea that will help family and friends feel comfortable from the moment they arrive.

"When you have an out-of-town guest, you want them to feel at home and comfortable for the time that they're there," say Hobbs. "Nothing quite says it better than a beautiful welcome basket."

It doesn't matter whether you splurge on extravagant items or go for cute budget-friendly finds like candy — the key is that it's personal.

"Maybe that person likes bird watching and you have a little pair of binoculars," says Hobbs.

Another fun idea: Create a local-themed basket to help guests familiarize themselves with the area with maps, brochures of area attractions and local products like wines, syrups or jams.

Layer up for a plush bed

Hobbs loves to shop for affordable crowd-pleasing linens at Ikea, CB2 and West Elm. The key to a luxurious bed is about much more than choosing an attractive duvet cover, though. Hobbs' method of layering, which she calls "dressing a bed," makes all the difference.

She begins with a featherbed on top of the mattress; followed by the mattress cover, high-end cotton base sheeting, and top sheeting. Then she tops it with a duvet inside a cotton insert, pillow shams, and decorative throw pillows.

"I think it creates a really sumptuous bed when you layer your bedding," she explains.

Keep your colours low-key

You might be obsessed with burnt orange and magenta, but considering you won't be the one sleeping in your guest room, it's probably best to exercise some restraint with the colour palette.

"When you talk about a guest room, it should be inclusive. There are going to be a number of different types of people staying there. It shouldn't really be a personalized room," Hobbs explains.

Instead, she says, pick a neutral base like white, tan, chocolate brown, or charcoal grey, which is Hobbs' personal favourite.

"Charcoal is the new white and the new black. It's really this fabulous base colour that can be used in so many different applications.… I find that it's a very versatile colour that adds warmth to a space and also blends well with so many other colours."

'Slash' rooms

Unless you have guests in your home on a regular basis, Hobbs actually discourages having a guest room that serves no other purpose.

"I find that for most people, the guest room tends to be a discarded room, or a room that's a shrine to someone who shows up once a year. The room literally sits empty and dark. I encourage people to use their whole home and have that guest room have purpose. That purpose can be a home office, a meditation room, a spare place for kids to play," she explains.

While the room can have any function, it should not be used for storage. It should be "a purposeful functioning room within your home that is pulling double duty as a room that we use that we also transition for guests," she says.

A basket with local products like jams is a thoughtful way to introduce guests to the area. ISTOCK

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Style that fits a student's needs

Tiny space? Tiny budget? No problem with these budget decor tips

DESIGN CENTRE
Karl Lohnes

Q: I am an adult student renting a small, unfurnished room in a shared apartment for just this school year. This 8' x 11' room must serve as my study, sleep and entertaining area. I'd like to spend less than $1,000. What can I do?

A: The secret is to not overspend on the essential furnishings you will only need for one year. Investing in some nice bedding, towels and a comfortable mattress should be your goals here. I've scoured the retail shops to find you the most practical and affordable necessities for outfitting your room. They total just under $500, which will allow you plenty of extras for your mattress, bedding and towels.

I suggest a single bed and choosing a bunk-style bed will allow you to use the upper bunk for storage in your small room. This type of bed frame is easily broken down and stored at the end of your school year or sold off to an incoming student when you are finished. The wooden frame can be painted a fun colour, or left its natural wood colour. **Mydal Bunk Bed Frame, $160, IKEA.com**

Line the inside edges of your bed with cushions in order to create a couch-like support for sitting up when studying. The most inexpensive idea is to buy standard pillows and cover them with fun, decorative pillow cases that can be washed on a regular basis. **Northern Reindeer Standard Pillow Cases, $20/set of 2, Harmonie Standard Pillows from $8, Simons.ca**

Purchasing a few clip-on lights will allow you to move your lighting around the room as needed, from the side of your desk to on the rail of the bed. **Tensor Gooseneck Clip-On Desk Light, $14, Lowes.ca**

A floating, wall-mounted desk will allow for more floor space and versatility as to where you want to have your desk. These desks are also excellent for creating laptop storage areas in hallways or kitchens in the future. **Prepack Studio Floating Desk, $190, Lowes.ca**

Whether it be for studying at your desk or lounging with a guest, a padded desk chair is the most comfy option. **Mainstays Midback Chair, $60, Walmart.ca**

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Floor Show has savings advantage

The Floor Show is a locally-owned, full-service business that takes pride in offering their clients affordable, personal service with a flair for professional design and installation.

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Their custom home measure service provides clients with the opportunity to personally meet with an in-house estimator. The Floor Show staff pride themselves in offering this exclusive service to each and every one of their clients. The Floor Show also hosts the best product and installation warranties in the business. Not only will you have the option to select from unique products you will not find anywhere else in the province or the country, throughout the installation process, your estimator is available throughout the entire process.

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CONTINUING EDUCATION

Boost brain power

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SHUTTERSTOCK

As a student away from home for the first time, it might be tempting to eat all the crappy food you can, but you won't be doing your body any favours.

"If you eat really badly, you're going to feel more tired, you're going to be more prone to getting sick," said Anna Lazowski, a registered holistic nutritionist from Winnipeg.

Healthy eating is the fuel that will help get you through a stressful year.

Making vegetables a staple of your diet is key. Load up on them because they will help protect your body against disease, provide vitamins, minerals and antioxidants.

To ensure the vegetables will be used before they go bad, plan your meals days in advance, says Wendy McCallum, a food coach and educator in Halifax. As part of the planning, you may want to chop them up when you get home from the grocery store and put them in plastic baggies, she says.

Eating breakfast each day is a must. Not doing so makes you more likely to have higher levels of fatigue, poorer concentration and an unhealthy body weight.

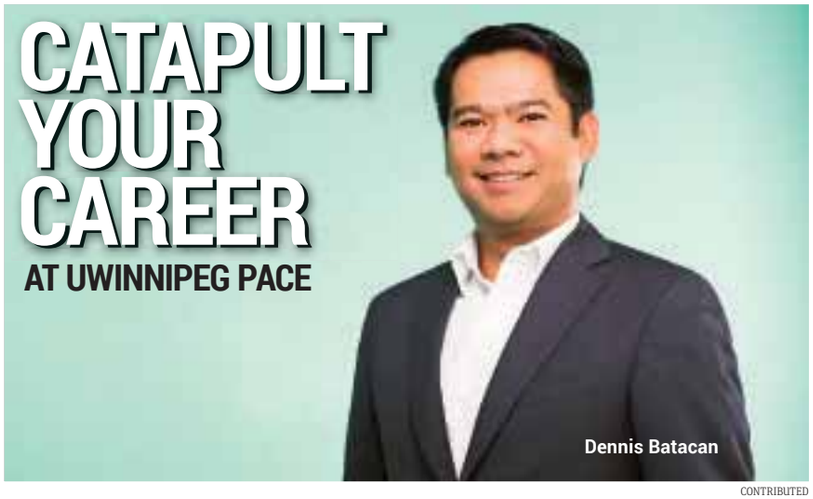
An easy healthy breakfast option is a green smoothie. All you need is some kale, collards, spinach, green apple, ginger, water and a scoop or two of protein powder.

If you are looking to add flavour to your foods, spices are crucial. "There are lots of things you can do with cheap spices to zip things up," McCallum says.

She recommends shopping at a bulk store for spices because it will cost a fraction of what it would at a grocery store.

Besides salt and pepper, she recommends stocking your shelves with oregano, basil, thyme, curry, chili powder, cumin, cinnamon, paprika, red pepper flakes and coriander.

– Richard Woodbury



CONTRIBUTED

After moving to Canada from the Philippines in 2008, Dennis Batacan quickly decided that the best way to get ahead in his career would be to return to school

That is when he decided to add to his BSc in computer science by enrolling in the business systems analyst program at the University of Winnipeg's Professional, Applied and Continuing Education (PACE) the following year.

"I honestly believe that being in, and later finishing, the program catapulted my career," Batacan says. "Hiring managers and leaders in general tend to hire and like individuals who consistently improve themselves through professional development."

Batacan began his career in Canada as a junior business systems analyst at Great West Life, where he received two promotions before moving to his current job as the branch head for IT, planning and design at the City of Winnipeg's department of water and waste.

He chose PACE because of its reputation for practical, relevant coursework delivered by professionals working in the field, and graduated in 2014 with the highest GPA in his program.

Batacan credits his coursework at PACE with helping him accelerate his career, and says interviewers are always impressed by his dedication to continuing education.

Batacan, who is married with three children, also says that as a part-time student he sets a good example.

"To know their parents also go to school, it helps inspire your kids," Batacan says.

For more, visit pace.uwinnipegcourses.ca.

PROGRAM FILLS INDUSTRY NEED

MITT GRAPHIC, PRINT TECHNICIAN COURSE

The already popular graphic and print technician program (GPT) at Manitoba Institute of Trades and Technology (MITT) is now even better.

MITT was recently awarded a $1.1-million investment by Western Economic Diversification Canada (WD) to establish an expanded training program for Manitoba's print industry.

"With these funds, the graphic and print technician program was able to purchase state-of-the-art printing equipment, including two modern Macintosh computer labs, plus a recent second-hand but state-of-the-art Heidelberg press and pre-press system," says Jan Hamilton, instructor, MITT.

The new, expanded program launched this month, and MITT will be delivering a two-year GPT diploma program along with the current one-year GPT certificate program.

The program fills an industry need and is almost full for fall 2016.

"Where most graphic programs stop at the graphic design stage, GPT students learn the entire process from start to end — from how artwork is produced and prepared, to how to deliver a final, finished printed product," Hamilton says.

Unique to Manitoba, the program covers four specific print processes and each process includes — graphic design, prepress systems, colour output, printing press operation plus bindery and finishing.

"New students, as well as current print industry employees, can benefit by 'up-skilling' what they already know," Hamilton says. "The print industry has gone through an incredible amount of technical change over the years, and there's a lot of computers involved, even on press equipment now."

Students will be asked to solve real-world design and print challenges, similar to what they would face in an actual studio or on the press room floor.

MITT graphic and print technician student Edreen Cielos. THOMAS FRICKE PHOTO

The program was conceived in consultation with, and supported by, the Manitoba print industry.

"Many people are not aware that printing is the fourth largest industry in the province and worth a billion dollars to the economy annually," Hamilton says.

The GPT program includes a work experience component, and quite often this leads to permanent employment. Overall, MITT has a student employment rate of almost 90 per cent within six months of graduation.

For more information, visit mitt.ca.

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For more information or to sign up for a campus tour, visit MITT.ca or call 204-989-6500
Look for our 2016 catalogue!

MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY
THE WORK SCHOOL

Contribute to community well-being

With Robertson College pharmacy technician program

SHUTTERSTOCK

The role of the pharmacy technician has evolved significantly over the past decade, as there was a recognized need to regulate the practice in order to better provide adequate pharmaceutical care to patients.

This newly regulated profession will provide benefits to patients, pharmacy technicians, pharmacists, and the overall health system.

The Robertson College pharmacy technician program provides students with specialized, comprehensive theory and hands-on education that is required to meet the established National Competencies and Educational Learning Outcomes for pharmacy technicians upon entry to practice.

"If you enjoy working with people, excel in math and sciences and would like a rewarding career in health care, pharmacy technician may be the right career for you," says Debra Chartier, faculty head of Allied Health. "We prepare our students to successfully practise within the scope of practice recognized by our provincial pharmacy regulatory authority."

The pharmacy technician program is accredited by the Canadian Council of Accreditation of Pharmacy Programs (CCAPP).

Students receive comprehensive training in: Math calculations that will be used when preparing and dispensing medications; basic concepts of medical terminology, physiology and pathophysiology of the human body; sterile and non-sterile compounding; preparing and dispensing medications; and critical thinking to identify problems pertaining to drug therapy and recognition of situations that require a pharmacist's intervention.

"Our students are trained to start a career as a pharmacy technician, ensuring that they are fully prepared to write the National PEBC qualifying examination," Chartier says.

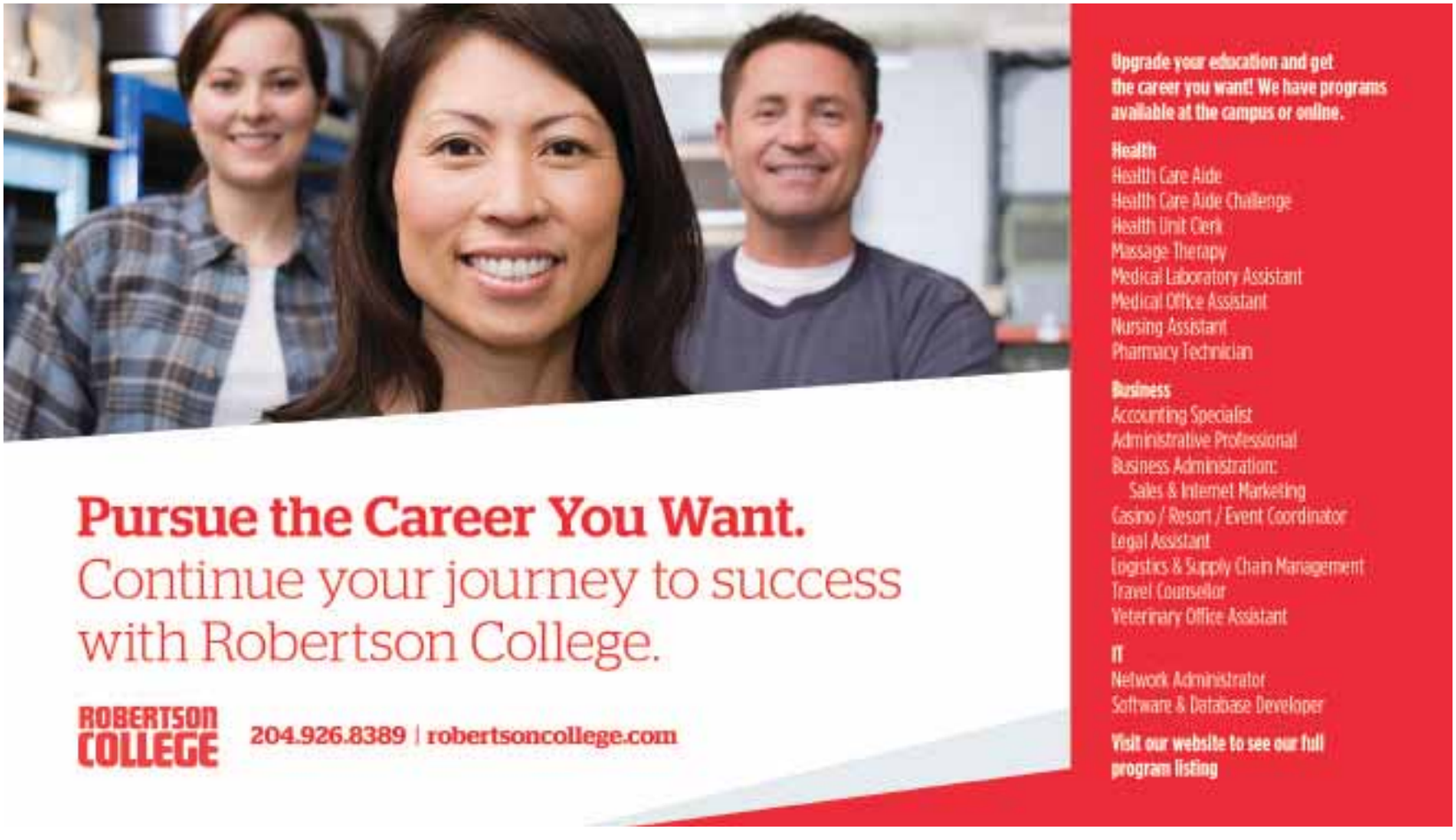
Robertson College graduates are in demand and have numerous opportunities to contribute to the overall health and well-being of all Canadians due to rising needs associated with population aging, increases in government funding for health care, and a high number of retirements of existing workers.

Program instructors include both pharmacy technicians and licensed pharmacists.

Students will train in a simulated state-of-the-art community pharmacy environment with first- and second-year University of Manitoba pharmacy students at the Apotex Centre.

Classes start Sept. 14, with a limited number of seats available.

For more, visit robertsoncollege.com.



FRENCH LESSONS BASED ON REAL-LIFE EXPERIENCES

If you want to get the most from taking a French class, choosing the appropriate course is crucial to your success. At Université de Saint-Boniface, Manitoba's only French-language university, one popular program was recently revamped to ensure that happens. However, it wasn't in its content or delivery.

"We changed the way we stated objectives," Erika Morin-Nett, the university's language program co-ordinator, says of the Français oral (conversational French) undertaking, which is facilitated by the school's continuing education division.

DAN HARPER PHOTO

"This was important in making it more transparent for everyone — what expectations are so the level students choose truly benefits them. When students look online, they'll be able to see a description that is very practical."

The course is offered in four beginner and four intermediate levels, as well as advanced and "perfectionnement" options. Levels vary by theme, but all aim to teach students to speak with confidence through a learner-centred, communicative and experiential approach.

"Lessons are based on lived experiences," Morin-Nett says. "Students partake in group activities and repetition occurs in a meaningful context. What we really aim to do is get people talking right away. Because of that, we don't hire instructors who just speak French, but instructors who are able to motivate people to speak French."

In addition to determining which class is right through the university's stated objectives, those interested in Français oral complete a placement test.

For more information, visit ustboniface.ca.

CONTRIBUTED

School meets needs of students

The unique needs of adult learners come first at the Louis Riel Institute Adult Learning Centre, which means flexibility tops the list.

"It is infused in how we deal with everything," says Joel Boyce, the centre's director. "For example, we would never yell at a student for being late or missing class. Students aren't required to be here, they are choosing to be here and we're glad to see them."

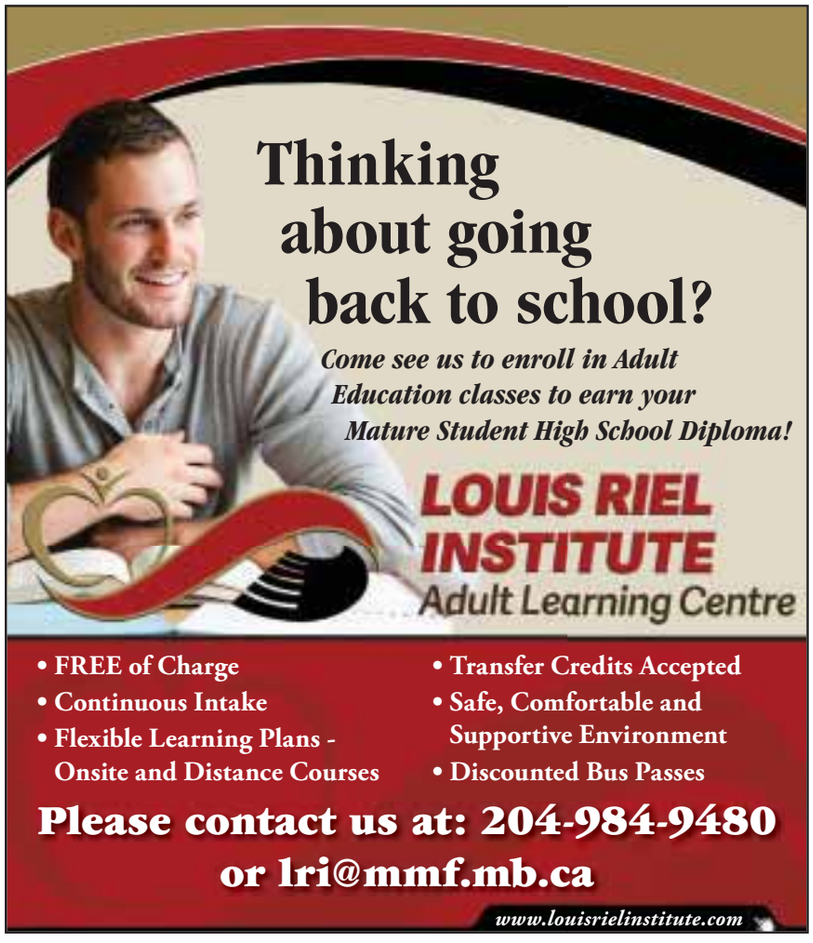
Flexibility is also offered at the centre through the variety of formats in which students can complete their high school diploma or upgrade their high school courses for post-secondary education purposes.

Students, Boyce says, have the option of attending scheduled classes on a Monday to Friday, 9 a.m. to 4 p.m. schedule, work independently on-site on a full- or part-time schedule with teacher support, or take courses online with regular phone and email contact with teachers.

"We have an intake co-ordinator who sits with students when they register to find out what courses they need," Boyce says. "Then she helps them figure out how school can fit into their lives."

The flexible approach to adult learning seems to be working, Boyce says, pointing to positive student feedback.

"The thing that jumps out at me is how many students say they hated school before and never had this much fun or never had teachers who cared about them so much."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Forge a rewarding career with RRC

The perception that an administrative assistant meets, greets and types is dated — today's admin assistant/professional is an operations manager in development.

The administrative assistant program offered through the school of continuing education at Red River College will put to rest those old job descriptions and educate students on today's relevant skills needed to succeed in an office environment.

"They are those people in the organization that plug every hole, cement every joint, identify every gap, and become indispensable because they provide the support and resources for the effective operation of the organization," says Debra Wutke, program manager, business and management portfolio, school of continuing education, RRC.

This program is perfect for people who enjoy planning, organizing, using computers and other office equipment, and working with people in an office setting.

Students focus on a variety of soft and technical skills that include business communication, customer service, office professionalism, administrative procedures, event planning, keyboarding, business computing and software skills, accounting and bookkeeping, accounting software.

SHUTTERSTOCK

Students will also learn business math skills relevant to administrative needs that include payroll, invoicing, petty cash, A/R, A/P, time sheets, estimating, purchasing, etc.

This program can be completed in 17 weeks (full time), or part time, with a three-week practicum included for both delivery options.

"Administrative professionals forge rewarding careers in public service, working in political offices at every level of government, as well as in not-for-profit environments that rely on strong administration to raise awareness, organization special events and support day-to-day operations," Wutke says. "Private industry attracts experienced, skilled administrative specialists to support their product and service delivery and maintain a competitive advantage in their industry."

For seasoned assistants who want to add a credential behind their name, there is RRC's recognition of prior learning (RPL) process.

The RPL process compares a person's previous education, work and life experiences and personal study to learning outcomes of the program courses. This means the person will earn their credential faster.

For more information about this program, or to register for the Jan. 11, 2016, intake, please visit rrc.ca/ada.

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SCHOOL PROGRAMS THAT FIT YOUR LIFE

Continuing and professional studies (CAPS) at the University of Manitoba is focused on providing programming that is responsive to the community.

Dr. Gary Hepburn

"In the last few years and, currently, CAPS is focused on not only proving the programs that adult learners require, but also delivering them in a way that makes them easily accessible to adult learners, most of whom need to balance their educational activities with jobs, family and other responsibilities," says Dr. Gary Hepburn, dean, division of extended education.

In addition to traditional classroom-based delivery, many of CAPS programs can be taken online or through a blended approach that combines classroom and online delivery methods.

"Overall, we strive to be responsive to student needs to ensure that they receive programming that fits their life without sacrificing the quality for which the University of Manitoba is well-known," Hepburn says.

CAPS at the University of Manitoba focuses on programming that is relevant to university higher education, leveraging the strengths of the university to service the broader community.

Most program courses are referred to as non-credit, which means they cannot be directly applied to the fulfilment of a degree, although in many cases decisions have been made to accept non-credit programs and courses to provide credits that count toward degrees.

Most CAPS programs lead to the award of a certificate. Certificate programs focus on providing working adults or new/recent university graduates with education that allows them to advance, change, or remain current in careers.

"Our programming is very responsive to the needs of students, employers, and other stakeholder groups," Hepburn says. "We are in constant contact with our various client groups and constantly in the process of adapting to meet their evolving and changing needs."

SHUTTERSTOCK

The University of Manitoba stands alongside the top comprehensive universities in Canada and leverages its expertise to produce excellent programs.

"Combined with our responsive delivery and excellent client service, CAPS provide students with an exceptional opportunity that compares favourably with those offered by the top universities in Canada," Hepburn says.

To learn more about continuing and professional studies at the University of Manitoba, visit umanitoba.ca/coned.

FAST-TRACK YOUR CAREER

CONTINUING AND PROFESSIONAL STUDIES

"I like the way Continuing and Professional Studies programs were designed for all learning levels with students from different backgrounds. The flexibility between in class and online courses made it easy to incorporate education into my work/life balance."

Tamara Cranden,
Human Resource Management Graduate

Extended Education | University of Manitoba

Delivering relevant, quality education

At Herzing College

When it comes to relevant industry education, it only makes sense to partner with industry experts and associations — and that is exactly what Herzing College has done for its supply chain management and logistics program.

This program, in partnership with the Supply Chain Management Association (SCMA) Manitoba, and SCMA Manitoba, also offers accreditation under the supply chain and management professional designation (SCMP) program.

"Our relationship with Herzing will help SCMA Manitoba meet a need in the market we aren't capable of doing ourselves," says Richard Reid, executive director, SCMA Manitoba. "In addition, Herzing's reputation for delivering quality programs fits nicely with the professional image of our diploma program."

With nearly 7,000 members, SCMA is the largest supply chain management association in Canada.

For nearly 90 years, SCMA Manitoba has been a leading provider of training for supply management professionals.

SHUTTERSTOCK

In today's business environment, companies face many challenges such as rising costs, increased competition, and downward pressure on margins.

"Our program provides employees with the knowledge and skills they need to meet and overcome those challenges," Reid says.

Through this partnership, employers are able to find the competitive advantage in their supply chains by having well-prepared graduates from which to select.

"Herzing has a well-deserved reputation for delivering quality education programs," Reid says. "We believe Herzing shares our goal of providing students with a quality education, along with the best possible learning experience."

Students will learn about each stage of supply chain management and will be prepared for entry-level positions in this industry.

Successful graduates of this 12-month program will receive the SCMA diploma in supply chain management.

The program also includes a six-week internship for students to gain practical, hands-on skills before they enter the workforce.

Applications for the first class of the supply chain management and logistics program, which starts in October, are being accepted. Space is limited.

Interested students are asked to call 204-800-5899 or email wpg-info@herzing.ca to request more information or register.

For more about the supply chain management and logistic program, or the partnership with SCMA Manitoba, visit herzing.ca.

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UNDERSTANDING UNIQUE SITUATIONS

MASSAGE THERAPY AND PALLIATIVE CARE

SHUTTERSTOCK

Massage therapy is an important element when caring for palliative patients — it can help treat the physical, as well as mental components of a life-limiting illness.

The 14-hour palliative care workshop offered through Wellington College will prepare massage therapists to care for and support those individuals and/or families who are living with a life-limiting illness or coping with grief.

"This workshop helps massage therapists to understand this unique environment and provides the confidence they need to work with other health-care providers," says Sheila Bergman, instructor of the palliative care workshop. "The population is aging, training to work with palliative clients is good preparation."

Topics include the role of the massage therapist, death and dying, comfort measures, listening and responding, spiritual care, loss, grief and bereavement.

"They will also look at exploring their own personal attitudes towards death and dying, deepening self-awareness, and understanding the importance of self-care," Bergman says.

All of Wellington's workshops are approved by the Massage Therapy Association of Manitoba for continuing education credits.

"Continuing education is beneficial to every massage therapist and critical in providing the best client care," Bergman says.

This workshop takes place Oct. 30-31 and is taught by Bergman, who brings years of expertise to this topic and has been an instructor at Wellington College since 1995.

In 1998, she became the massage therapist for the residents of the Middlechurch Home of Winnipeg Inc., a personal care home in West St. Paul. From 2001-07, Bergman was a volunteer member of the palliative care team at Middlechurch and served as chairperson from 2005-07.

In 2004, she was a guest speaker at the Hospice and Palliative Care Manitoba annual care conference and since then has facilitated the friend in hand/compassionate care course numerous times, both at Middlechurch and Wellington College.

For more information about this workshop, visit wellingtoncollege.com.

Wellington College also offers full-time and part-time training in remedial massage therapy.

Individuals can choose from the full-time, two-year program, or the distance education, part-time, three-year program.

Both programs will train individuals to become massage therapists.

Wellington offers intakes for these programs once a year.

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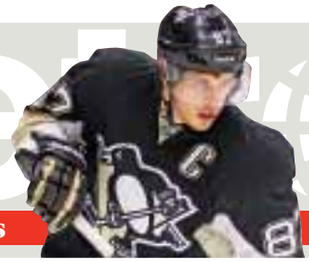


Sidney Crosby is again the top player in EA Sports' NHL 16 video game with a 96 rating

Struggling teams featured in the Labour Day Classic

VIEW FROM THE 300S
Andrew 'Hustler' Paterson

There's a saying in the CFL that the season doesn't really start until the Labour Day weekend. If only that was true this year for the Winnipeg Blue Bombers and the Saskatchewan Roughriders.

The Labour Day Classic is usually one of the most exciting weekends of the year for prairie CFL fans. The long weekend in Regina resembles a mini Grey Cup — beer and rye-soaked parties filled with green and blue, culminating with the game on Sunday. This year the usual good-natured ribbing between rival fans might turn into a mass grief counselling session.

As the two prairie rivals prepare for the first of back-to-back games on Sunday in Regina, both franchises are reeling. Sunday might be the last chance for both teams to salvage something from this season. The 0-9 Riders are simply looking to get a win and take it from there. The Bombers have three victories but a loss to winless Saskatchewan would in many ways be a stake in the heart of the team and its fans.

In Winnipeg, the Bombers quarterback situation behind injured Drew Willy has the potential to blow up the entire year. Without Willy under centre, the Bombers have been destroyed on most nights including an embarrassing 36-8 loss last Saturday to Calgary at IGF.

After Willy got hurt, Brian Brohm got the ball first in relief and the results were horrendous. Bomber fans had been calling for third-string QB Robert Marve to get the ball but it seemed Mike O'Shea didn't quite trust Marve. After two underwhelming starts from Marve, now we know why.

Despite improvements at many positions, the Bombers aren't going anywhere this year without their starting QB although the team is still looking for answers. Kyle Walters added another in QB Matt Nichols who was acquired from Edmonton Wednesday morning.

> **Despite improvements at many positions, the Bombers aren't going anywhere this year without their starting QB.**

Meanwhile in Saskatchewan it's pretty much scorched Earth for the 0-9 Riders.

Saskatchewan lost their top two quarterbacks early in the season but have been competitive in most games all year. That was until last Sunday when they were embarrassed by the Ottawa Redblacks 35-13 and dropped to 0-9. It was pretty apparent something needed to be done.

The Roughriders won last year's big game 35-30. BRENT JUST/GETTY IMAGES

The axe fell Monday when head coach Cory Chamblin and general manager Brendan Taman were both fired. Assistant GM Jeremy O'Day takes over for Taman and Bobby Dyce is the new head coach, both on an interim basis.

So with both teams reeling and way down the depth chart at quarterback, we arrive at Labour Day. The 3-6 Bombers visiting the 0-9 Riders at Mosiac Field. Fans at the game can look forward to two things — the beer will be cold and someone has to win.

Matt Nichols
TODD KOROL/GETTY IMAGES

CFL

Bombers deal for veteran quarterback

The Winnipeg Blue Bombers acquired veteran quarterback Matt Nichols from the Edmonton Eskimos on Wednesday for a conditional seventh-round 2017 draft pick.

The six-foot-two, 215-pound Nichols joined Edmonton as a free agent in 2010. He started 12 games with the Eskimos, posting a 5-7 record.

All five victories have come this year, as Nichols was 5-2 as the Eskimos starter in 2015 after incumbent Mike Reilly suffered a knee injury in the club's season opener.

Nichols has completed 270 of 443 passes for 3,386 yards and 19 TD strikes during his CFL career but has also surrendered 18 interceptions.

He certainly fills a need for the Bombers (3-6), who've dropped two straight since starter Drew Willy suffered a knee injury.

The initial diagnosis was Willy would miss six-to-eight weeks with the injury but there's speculation it could cost him the remainder of the season.

"Matt is a player with significant experience in this league," Bombers GM Kyle Walters said in a statement. "He has proven to be a solidified quarterback, and will come in and add immediate depth to this position on our roster." THE CANADIAN PRESS

BASEBALL

Goldeyes remain cold at plate in loss to Canaries

Despite the late-night heat in the Winnipeg this week, the hometown Goldeyes' bats have gone ice cold.

The Fish dropped their second consecutive game to the Sioux Falls Canaries Wednesday night, 7-2, stranding four base runners while generating only seven hits.

The Fish have scored a dismal 15 runs over their last seven games — the primary reason why they are 1-6 in that span that saw the perennial contenders fall out of the wild-card race and will miss the playoffs for only the third time in the past decade.

Sioux Falls starter Shawn Blackwell cruised through eight complete innings in the near-30-degree heat and entered the ninth well after 9 p.m. with the mercury still above 27 C. Blackwell allowed the Canaries defence behind him get the job done, striking out four and walking just two opponents.

Nick Hernandez took the mound for Winnipeg and allowed all seven Sioux Falls runs — the Canaries scoring those on nine efficient hits in the opening five innings.

The Goldeyes (43-52) look to recover from their recent downturn and finish the season strong with five more at home, including two more against the Canaries before the Lincoln Saltdogs come to town for a three-game series beginning Saturday.

DARRIN BAUMING/FOR METRO

Donaldson, Dickey lead Blue Jays past Indians

Josh Donaldson drove in three runs to add to his MLB-leading RBI total and R.A. Dickey pitched a complete game four-hitter as the Toronto Blue Jays defeated the Cleveland Indians 5-1 on Wednesday night.

With the sellout crowd chanting M-V-P, Donaldson singled and doubled twice. He now has 111 RBIs.

Dickey (10-10) retired the Indians in order in seven of his nine innings, downing 14 straight batters at one point for his 99th career win and 15th complete game.

THE CANADIAN PRESS

Serena Williams returns a shot to Kiki Bertens on Wednesday in New York. MIKE STOBE/GETTY IMAGES

Serena error-prone in her latest victory

U.S. OPEN

33-year-old one step closer to calendar-year Grand Slam

This was, in just about every measurable way, an up-and-down performance by Serena Williams, filled with double-faults — 10 in all — and two dozen other unforced errors.

With her bid for a true Grand Slam at stake, and facing a qualifier ranked only 110th, Williams was far from dominant in the second round of the U.S. Open on Wednesday, before pulling ahead and pulling out a 7-6 (5), 6-3 victory over Kiki Bertens of the Netherlands.

"Today, I was a little tight," Williams said in her on-court interview. "I think it showed."

Sure did.

She got broken early. She double-faulted four times — yes, four — in one game. She didn't manage to earn a break point against the strong-serving Bertens until the 10th game. Williams made 26 of her 34 unforced errors in the first set alone, which she repeatedly was rather close to letting slip away, including down 4-0 in the tiebreaker.

But as the 33-year-old American has demonstrated time and time again during her remarkable career, she can bring out her best when she needs it.

"I know that I can try to make a comeback," Williams said, "or try to make a run for it."

Bertens helped out with some shaky play, which probably wasn't all that surprising given she only once has made it to the third round in 14 career major tournaments.

Williams, in contrast, has won the past four major titles, a streak that began at last year's U.S. Open, and 21 overall. If she can win five more matches at Flushing Meadows — starting in the third round against Bethanie Mattek-Sands in an all-U.S. matchup Friday — Williams would complete the first calendar-year Grand Slam in tennis since Steffi Graf in 1988.

Also on the line for Williams: A 22nd major singles championship would equal Graf for the most in the Open era, which began in 1968, and second-most in history behind Margaret Court's 24. Plus, Williams is trying to become the first woman since Chris Evert in 1975-78 to win four consecutive U.S. Opens.

THE ASSOCIATED PRESS

WHO'S NEXT?

Serena Willliams' next opponent, Bethanie Mattek-Sands, made it to the third round at Flushing Meadows for the first time in 13 appearances by beating another American, CoCo Vandeweghe, 6-2, 6-1.

Raonic, Bouchard advance to third round

Canadians Milos Raonic and Eugenie Bouchard are through to the third round of the U.S. Open.

Raonic advanced after defeating Spain's Fernando Verdasco 6-2, 6-4, 6-7 (5), 7-6 (1) on Wednesday, while Bouchard downed Polona Hercog of Slovenia 6-3, 6-7 (2), 6-3.

18

Raonic fired 18 aces to Fernando Verdasco's 16.

Raonic, seeded 10th in New York, needed just 26 minutes to win the first set. But it soon became clear 24-year-old from Thornhill, Ont., who has battled injuries this season, was playing in discomfort.

He received treatment during a medical timeout in the second set and also received massages during some of the changeovers.

"There were sometimes doubts, should I keep going or not," Raonic said. "The worst part was it was sort of getting worse and worse.

"It is what it is. Deal with it and move on."

He was able to fight through the injuries, and, after dropping his first set of the tournament in the third, cruised to an easy win in the fourth-set tiebreak.

Milos Raonic AFP/GETTY IMAGES

Raonic will face another Spaniard, 18th-seed Feliciano Lopez, in the third round.

Bouchard, from Westmount, Que., had 14 break-point chances against Hercog, converting seven of them. But Bouchard also saved just four of the nine break points she faced.

Bouchard will face Slovakia's Dominika Cibulkova in the third round. THE CANADIAN PRESS

CRIME

Ex-CFL standout faces murder charge

Former CFL star Lawrence Phillips has been charged with murder in the death of his cellmate at a Central California prison.

Phillips is suspected of killing 37-year-old Damion Soward at Kern Valley State Prison in April. Officials determined Soward was strangled. The Kern County district attorney's office says Phillips, 40, faces a first-degree murder charge.

Phillips was once one of U.S. college football's top players at Nebraska. After a three-year NFL career, he went north to the CFL.

Phillips ran for 1,022 yards and 13 TDs with Montreal in 2002, helping the Alouettes win the Grey Cup that year. He also appeared in eight games in 2003 with the Calgary Stampeders.

Phillips is serving a sentence of more than 31 years. He was convicted of choking his girlfriend and later of driving his car into three teens after a pick-up football game.

THE ASSOCIATED PRESS

Canada's Andrew Wiggins defends against Cuba's William Granda on Wednesday. YURI CORTEZ/AFP/GETTY IMAGES

BASKETBALL

Canada bounces back from opening loss

Andrew Wiggins and Nik Stauskas each had 15 points to lead Canada to a 101-59 rout of Cuba on Wednesday at the FIBA Americas men's basketball championship.

A day after losing their tournament opener to Argentina, the Canadians came back with a complete team effort to book a spot in the second round. Canada got a huge contribution from its bench, with Brady Heslip and Dwight Powell scoring 12 and 10 points, respectively, and Aaron Doornekamp pulling down a game-high nine rebounds.

Canada's next game is Thursday against Venezuela.

THE CANADIAN PRESS

In Mexico City

101	59
CANADA	CUBA

IN BRIEF

Votto's three-run homer lifts Reds past Cubs

Joey Votto hit a three-run homer in the ninth inning that was set up by third baseman Kris Bryant's two-out error, lifting the Cincinnati Reds over the Chicago Cubs 7-4 Wednesday.

Bryant hit a two-run homer in the eighth that made it 4-4. The rookie has 22 home runs and 84 RBIs this season.

The home run was Votto's 27th of the season.

J.J. Hoover (7-0) got the win despite allowing Bryant's homer. Aroldis Chapman closed for his 27th save.

THE ASSOCIATED PRESS

Devils defenceman announces retirement

Longtime defenceman Bryce Salvador has announced his retirement after playing 14 NHL seasons.

Salvador played 786 career games for the St. Louis Blues and New Jersey Devils, putting up 110 points while excelling as a shot-blocking, stay-at-home defender.

After struggling with an injury that caused his spatial awareness, vision and balance to be off, the 39-year-old Brandon, Man., native made the announcement he was calling it a career.

THE CANADIAN PRESS

RECIPE Apricot Soy-Glazed Chicken

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

A delicious and easy dish to prepare, made in minutes.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 1 1/2 lb boneless chicken breasts
- 1/2 cup apricot jam
- 1/4 cup light soy sauce
- 2 tsp toasted sesame seeds
- 1/3 cup dried apricots
- 3 Tbsp chopped cilantro or parsley

Directions
1. Preheat oven to 400 F. Spray a baking sheet with vegetable oil.
2. In a heated grill pan, sear the chicken on both sides for about five minutes total. Place on baking sheet.
3. In a small skillet, add jam and soy sauce. Bring to a boil, then simmer for two minutes just until bubbling. Spoon half over chicken, sprinkle with sesame seeds and bake just until temperature reaches 165 F, about 10 minutes.
4. Meanwhile, add hot water to apricots and microwave on high for 30 seconds. Let sit for two minutes until plump. Drain and slice in half.
5. Serve with remaining sauce, sliced apricots and cilantro.

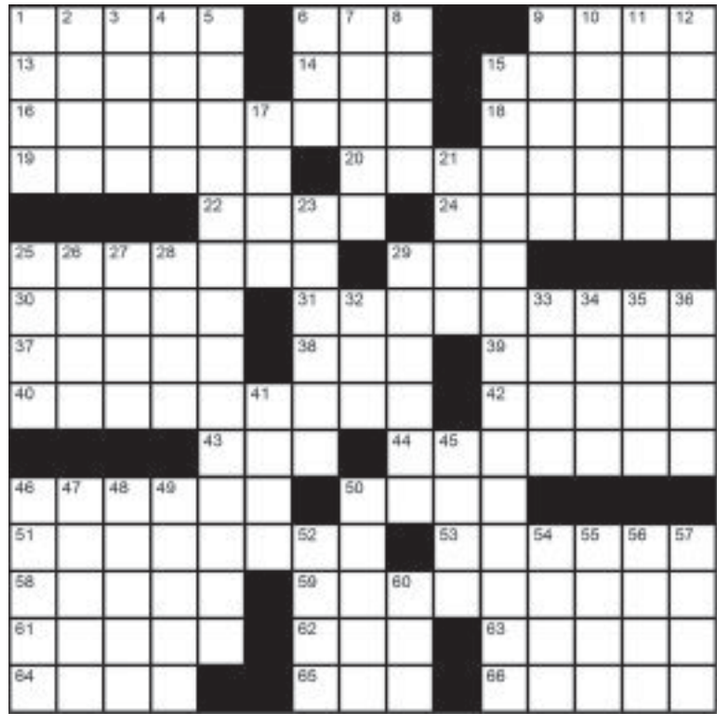
Nutrition per serving

- Calories 336.5
- Protein 41 g
- Carbohydrates 35 g
- Fibre 0 g
- Total fat 3 g
- Saturated fat 0.6 g
- Cholesterol 98 mg
- Sodium 640 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Dapper shoe coverings
6. Abbreviations between the names of competing sports teams
9. Halt
13. Bound-to-the-land person of ancient Sparta
14. "The Simpsons" storekeeper
15. Where Tahrir Square is in Africa
16. Botanical garden
18. Earthenware pots
19. Austrian composer Mr. Mahler (b.1860 - d.1911)
20. Wheeled casino game
22. The _ Bible (John Kennedy Toole novel)
24. Snacked
25. Gives the class a project
29. Fish part
30. "Turn Me _" by Loverboy
31. Monstrous
37. Antelope of Africa
38. Dinghy direction-er
39. Ex-Pres. Bush's wife
40. Jock's 'shot' at the clinic
42. Bright beam
43. Mr. Barrett of early Pink Floyd
44. Puck no-go-inner's
46. Regular television show played by Canadian comic Norm Macdonald in commercials: 2 wds.
17. Balanced
21. Portion
23. "Sunday Morning" on CBS anchor Charles
25. Welsh composer Mr. Templeton
26. Unaccompanied
27. Go parasailing
28. "Say It _ So" by Hall & Oates
29. Precede
32. Sought the public's vote
33. Montreal-born humourist Mort
34. _ d'Orsay, in Paris
35. Montreal suburb, Baie-D'_
36. Depletes dinner
41. Procedure, for short
45. Great pitcher Mr. Hershiser
46. Glances over
47. Grain fungus
48. Kept going and going...: 2 wds.
49. "You're still the one _ _ good night..." (Shania Twain line)
50. Water nymph of ancient Greek mythology
52. Pod vegetable
54. Do a gift-giver's task
55. Magic spell starter...
56. Harness
57. Hideaways
60. Co. cousin
50. Fate goddess in Norse mythology
51. 1883's history-making volcano of Indonesia
53. Prince Island link
58. _ fatuus (Will-o'-the-wisp)
59. Defensive swarmer: 2 wds.
61. Highway-crossing danger
62. Laboratory labyrinth learner
63. _' to go (Eager)
64. Remote scientific facilities, e.g.
65. Do some math
66. Bridges

DOWN
1. Layered hairstyle
2. Modern spot of the Inca empire
3. Belonging to Calgary's prov.
4. Tugboat's sound
5. Song by Canadian animated pop duo Prozzak: 2 wds.
6. Cistern
7. Brush aside
8. Wrestling of Japan
9. Bargains
10. Farmland
11. Pontificate
12. Did a supermodel's work
15. KFC founder now

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Find a balance between the parts of your nature that like to feel secure and those parts that like to take a risk. Creatively and romantically this is a great time for you. Don't waste it on indecision or self-doubt.

Taurus April 21 - May 21
You play favorites but the current cosmic set-up is urging you to be even-handed in your approach to life and people you deal with on a one-to-one basis. Treat everyone with the same courtesy.

Gemini May 22 - June 21
Are your plans realistic? If they are you will make great progress. If not, you will be forced to rethink what you are doing.

Cancer June 22 - July 23
Focus on quality rather than quantity. Too often in the past you have scattered your energies in all directions. Now you must concentrate on the two or three things you do really well.

Leo July 24 - Aug. 23
You will do something extra special today, something that gets you noticed. Do it with style and your name will be known by all the right people.

Virgo Aug. 24 - Sept. 23
Great changes are possible but you must be honest with yourself. Part of the reason you have not succeeded to the extent that you should have is because you have been unwilling to put a name to your desires.

Libra Sept. 24 - Oct. 23
You are torn between the future and the past and must find ways to bring them together. The best way is to learn from what has gone wrong before and make sure you don't make the same mistakes again.

Scorpio Oct. 24 - Nov. 22
Stay true to what you believe in, even if it brings you into conflict with an authority. Just because someone is powerful does not mean they are right. Act on your principles.

Sagittarius Nov. 23 - Dec. 21
It is a waste of time trying to work out what is going to happen next. Go with the flow and trust that fate will steer you in the right direction — somehow it always does.

Capricorn Dec. 22 - Jan. 20
You may feel sorry for people who are down on their luck but don't start thinking that you are to blame. The best way to do your bit for others is to take care of those you are closest to. Charity begins at home.

Aquarius Jan. 21 - Feb. 19
You need to look at life from a more detached point of view. Some of the things you have allowed yourself to get worked up about are simply not worth the bother.

Pisces Feb. 20 - March 20
Strive to find a middle way and you will do yourself a favour, especially on the work front where colleagues and employers will respond in kind if you are willing to give ground.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1				7			
	3	8		6	2			
	9						1	
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5			8					
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			3				9	

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